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JILLIAN HARRIS

Co-host of *Love It or List It Vancouver*

Renovating with a significant other is one of the ultimate tests of a relationship. Jillian Harris and Justin Pasutto will share tips on how to communicate, compromise and stay on budget during the stress of a home renovation project.

MIKE HOLMES JR.

Holmes + Holmes

Mike Holmes Jr., who stars in the newest edition of the Holmes series franchise, *Holmes + Holmes*, with his dad – celebrity contractor Mike Holmes – will walk you through the transformation of his modest bachelor bungalow into a two-storey masterpiece.

DANIELLE BRYK

Flip Addict

Designer, business owner and mom extraordinaire, Danielle Bryk, approaches each design challenge with common sense, creativity and a budget friendly outlook. Don't miss her presentation on top design trends for 2017, along with her advice for a successful renovation.

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ADULTS $12
SENIORS (60+) $10
SENIORS BEFORE 5PM (FRI) $5
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HOURS:

FRI JAN 13	NOON – 9 PM
SAT JAN 14	10 AM – 9PM
SUN JAN 15	10 AM – 6 PM

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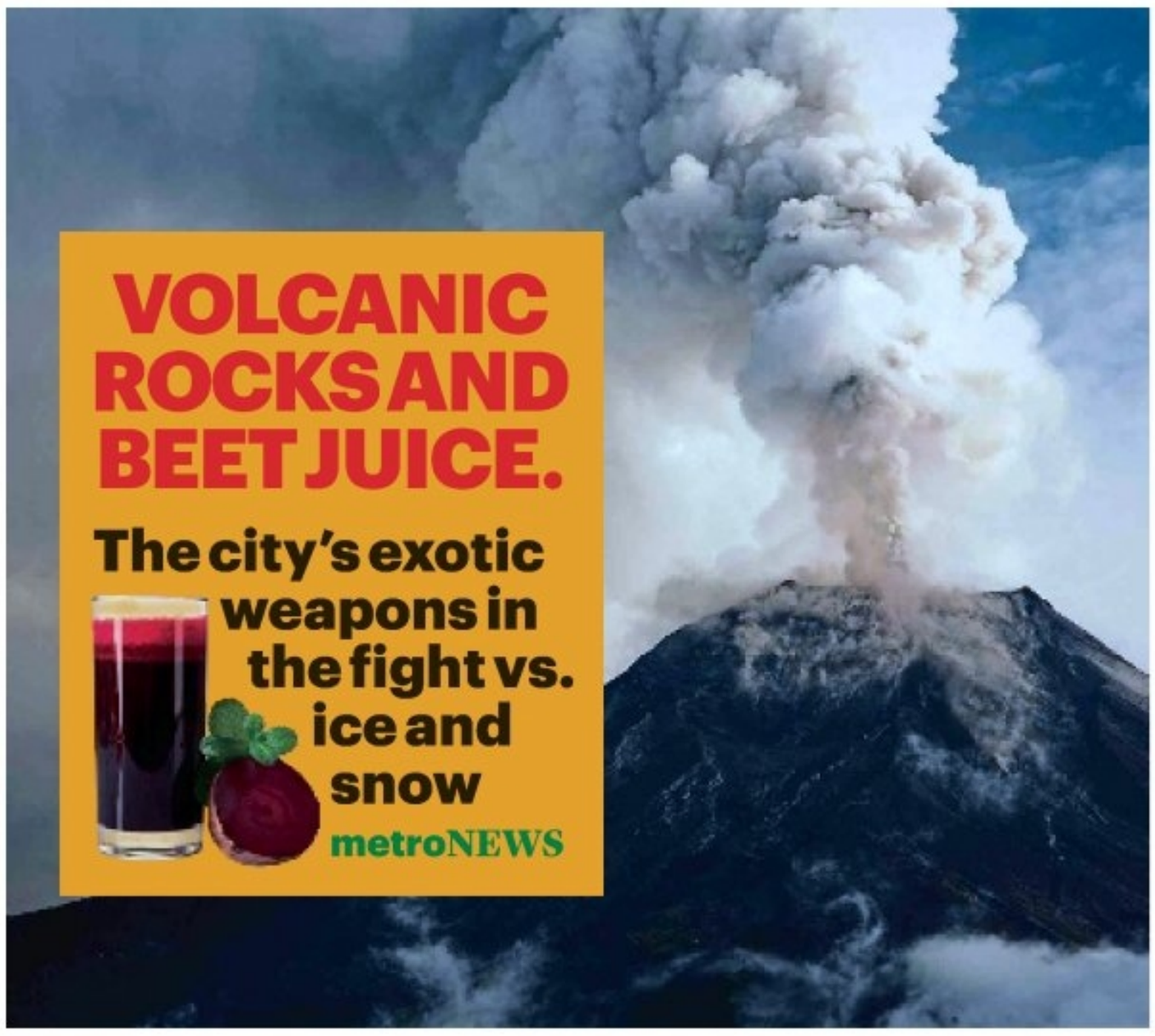
NEW YEAR NEW RIDE SALES EVENT ONLY AT VARSITY CHRYSLER SEE PAGE 27 FOR DETAILS

Calgary metro

Your essential daily news | WEEKEND, JANUARY 13-15, 2017 High -4°C/Low -12°C Mostly sunny



Olympic bid shut behind closed doors

2026 WINTER GAMES

Council gets private briefings but public update cancelled

Helen Pike
Metro | Calgary

Though the city pledged to keep the process transparent, don't expect any big news on Calgary's Olympic bid until the snow thaws.

The city's previous plan was to keep Calgarians in the loop this month, and again in April, before council's final go-or-no-go decision in July on bidding for the 2026 Winter Olympics.

However, the Calgary Bid Exploration Committee (CBEC) opted to drop the draft report expected at the end of 2016.

"That schedule was developed with the idea that there would be other Canadian cities potentially making a bid," CBEC spokesman Sean Beardow said.

Further, Beardow said, the timelines were made before the committee was developed in September 2016. He said this month council will hear their work plan and accomplishments to date.

All the while, administration (which has a direct line to the committee) is filling council in, behind closed doors, at several lunch-hour meetings where details on the committee's progress are shared.

Kyle Ripley, the city's project sponsor and director of recreation, said this is normal procedure for the city, which often briefs councillors on complex topics before meetings.

"You can appreciate that some of this information needs to remain confidential," said Ripley. "When we consider it's a competitive process, we don't really want to lose our competitive edge. But certainly we understand the need to remain as transparent as possible."

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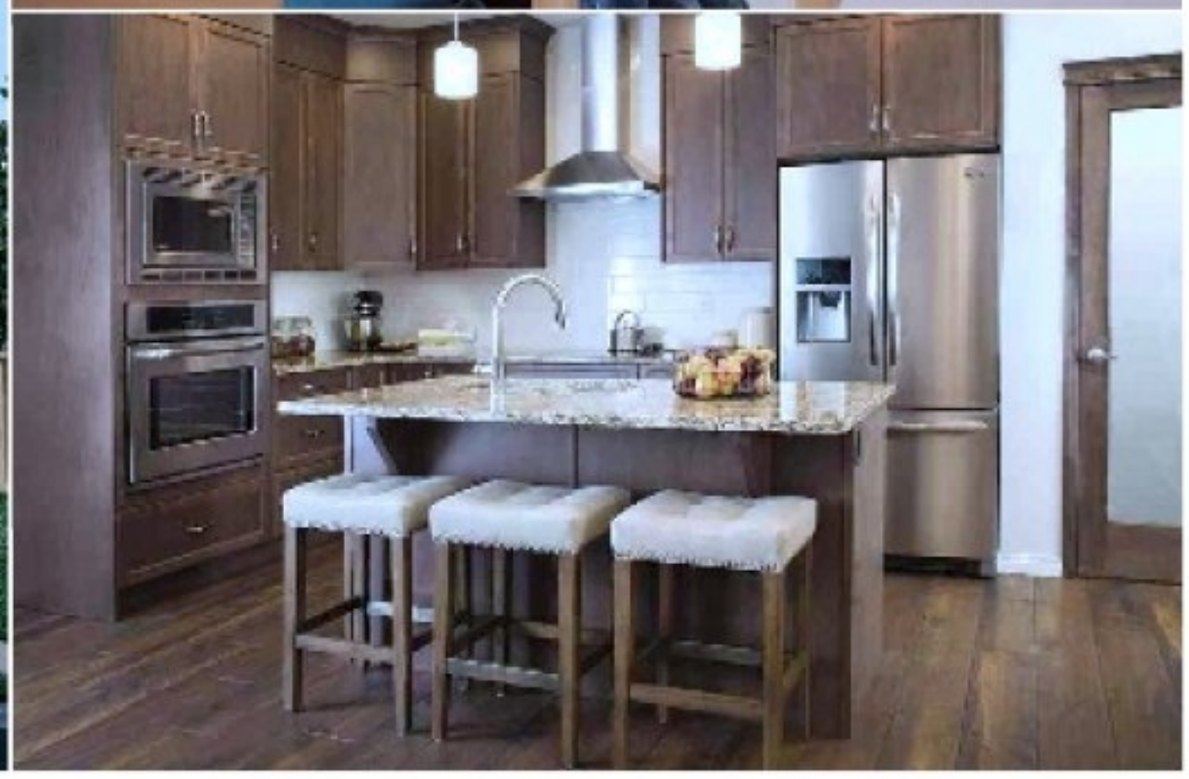

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metro NEWS

Your essential daily news

Westwood: Obama's goodbye and Trump's media hello couldn't have been more different. **World**

The knives are coming out

GOOD CAUSE

Model Milk hosts annual Plate Swap fundraiser

Aaron Chatha
Metro | Calgary

When five renowned chefs go mucking about in each other's kitchens, it's sure to turn out some amuse-bouching results.

Model Milk brings back their annual Plate Swap fundraiser for the fifth year, in which chefs from around the world descend on the Calgary restaurant and put their own spin on each other's signature dishes.

The event raises donations for Brown Bagging for Calgary Kids, a program that ensures thousands of Calgary kids receive a well-balanced and nutritious lunch.

Model Milk first opened in 2010, and Plate Swap started a year later.

"It became important to me that the restaurant be more than just satisfying the people that come through," said Justin Leboe, Model Milk chef and owner.

"It became a need for me to find an outlet to give back, and Brown Bagging was originally the charity we chose and gravitated towards."

The chefs have already selected who's dish they'll be taking on and Renzo Garibaldi from Peru will be handling Leboe's duck dish.

MEET

The Chefs

1. **Joel Watanabe** from Kissa Tanto, Vancouver
2. **Lee Cooper** from L'Abattoir, Vancouver
3. **Daniel Burns** from Luksus, New York City
4. **Renzo Garibaldi** from Osso Carniceria, Peru
5. **Justin Leboe** from Model Milk + Pigeonhole, Calgary

Justin Leboe first opened up Model Milk in 2010. A year later, he launched Plate Swap. AARON CHATHA / METRO

Once the ideas marinate in another chef's mind however, it rarely looks anything like the original.

Chef's aren't even given recipes. The only information they're given is the description straight from the menu, then they interpret (or skewer) as they wish.

"For me, I approach their food with more love, care and caution. I try to do something really nice with it," Leboe said. "I personally, am really excited to see what someone does with mine."

While the process ignites Leboe's imagination, it's not hard to get the chef excited about food.

He started working in kitchens while in high school, to save up money for important things (like skateboards).

"Something clicked for me. I went to university for something unrelated, and worked in kitchens all the way through to help pay the bills," he recalled. "When I came out of school, I threw myself into this."

Like him, the chefs coming to Calgary for the event are renowned and passionate about their food.

Plate Swap takes place on Jan. 20. For more information, visit www.modelmilk.ca.

> **It became a need for me to find an outlet to give back.**
> Justin Leboe

IN BRIEF

Three EMS workers hurt during call in Parkhill

Three EMS practitioners were themselves taken to hospital after a physical altercation with a patient on a call Thursday morning.

The three were responding to a call at a private residence in Parkhill around 8 a.m. when the incident happened. Loria said shortly after the crew arrived, there was a physical altercation that happened between the patient and the EMS staff, resulting in minor soft tissue injuries for the three.

Police say a standoff followed the incident. A man was arrested inside the home around noon by a CPS tactical unit.

METRO

Caribou maternity ward plan attacked in journal

Alberta's plans to restore a dwindling caribou herd by penning off a large section of forest for pregnant cows is coming under attack in scientific literature.

A review of the plan in the journal Animals says fencing forest to protect caribou females from predators will result in naive calves that won't survive outside the area. It also says ecosystems within the fenced area will be completely disrupted. Author Gilbert Proulx says the government should focus on expanding the intact habitat that the Little Smoky herd still uses.

University of Alberta biologist Stan Boutin says the herd is too far gone for that and drastic measures are needed.

THE CANADIAN PRESS

The City of Calgary is looking at alternatives to their favourite "pickle" mixture to combat icy walkways, without the added salt.

ELIZABETH CAMERON/FOR METRO

City's ice can be beet with volcano rock

ROADS

Beet 55, zeolite tested as eco-friendly alternatives

Helen Pike
Metro | Calgary

This winter, the city's got a few new green tools acting as pickle's pals when it comes to combatting icy walkways and cycle tracks.

At the beginning of wintertime, the city ordered some Beet 55 and zeolite. Both de-icers will be tested for performance compared to other materials they've tried. That includes the costs, impact on environment and their equipment.

Beet 55, the beet-laden substance, is supposed to be easier on the planet than the city's self-made gravel and salt combo (pickle). That's just being used on the downtown cycle tracks right now to keep ice at bay.

This is different from the mix the city already uses as a pre-snow spray, which has an output high in calcium chloride — with a side of beets — as a rust inhibitor.

"One of the challenges we've had is figuring out how to use Beet 55 with our equipment," said roads spokeswoman Brittany Kustra. "We have quite a bit left to use over the course of winter, but we're going to keep putting that down on the cycle tracks to see how good it is for ice control."

> "This is a salt-free product that helps with ice control.... It heats up quicker when the sun is out.
>
> Brittany Kustra on zeolite, also known as volcanic rock

Kustra explained this is more of a pure beet solution.

Coun. Brian Pincott, who has turned up his nose at beets before, is having a change of heart.

"It's the only good use of beets I can think of," said Pincott. "I will have to change my stance to: I hate beets, except on cycle tracks."

Zeolite is also known as volcanic rock. These bits are known to be master absorbers and the city's testing them on select inner-city bridge decks for pedestrians.

"This is a salt-free product that helps with ice control," Kustra said. "One of the interesting things about it is it heats up quicker when the sun is out, and it helps with melting a lot better."

She noted it's easier on the sidewalks, and isn't a problem when it goes down the drain.

Pincott said it's great to see the city testing environmentally friendly products.

"I love it. We need to do more of that, not just on roads," said Pincott. "It's a good environmental choice, less harmful to infrastructure and rivers."

PARKS CANADA

Albertans snap up free passes

Lucie Edwardson
Metro | Calgary

Albertans and Ontarians are top of the list when it comes to taking advantage of Parks Canada's free park passes in celebration of Canada's 150th birthday.

Natalie Fay, chief of media relations at Parks Canada, said as of Dec. 1, 2016, they had received more than two million orders for free 2017 discovery passes — but she said not to worry if you haven't picked yours up yet.

"There was a bit of confusion around this, but the passes are actually available for order or for pickup at any of our Parks Canada locations across the country for the entire year," she said.

Usually a family discovery pass costs $136.40, but Fay said it's thanks to $83.3 million in funding (to be spread out over five years) from the federal government, that the free passes are possible. It will also make it possible for Parks Canada to offer free admission to children under 18 beginning in 2018.

Some fees within the Parks Canada locations — like camping, firewood and activity fees — will still apply, but entrance to parks is free for the year.

Fay said there has been an overwhelming response to the free discovery passes celebrating Canada's 150. Fay said although they don't have exact number yet, their initial count has the most orders coming from Alberta and Ontario.

"It's definitely been more than we would usually see," she said.

Fay said Parks Canada will be offering many programs to celebrate 150, including their learn-to-camp program for first-time campers and special programming at national historic sites like Bar U Ranch, Rocky Mountain House and Cave and Basin — the birthplace of our national parks.

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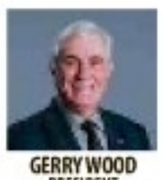

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WOOD AUTOMOTIVE GROUP

Police looking at less lethal weapons

PUBLIC SAFETY

Goal is to give frontline officers the safest option

Lucie Edwardson
Metro | Calgary

The Calgary Police Service is eyeing less lethal options when it comes to weapons used by frontline officers — but they won't say what those options are quite yet.

Staff Sgt. Jason Bobrowich said the CPS is currently examining a variety of available less lethal systems to provide frontline officers with additional use of force options.

"Part of this process is to benchmark with other agencies across Canada and determine what type of less lethal systems are currently being used and that will provide us with the basis for our own analysis and research for potentially moving forward with purchasing a less lethal system," he said, adding that he wouldn't go into details about what systems they're looking at before they enter the purchasing stage.

Bobrowich said using less lethal systems isn't something new for Calgary police.

"Within the Calgary police service we've used less lethal systems for a significant number of years already," he said. "Whether it's in our public safety unit or in our tactical unit we've had a variety of less lethal systems deployed with our officers for a number of years — dating back to 1999."

Some of those systems are Tasers, the Arwen or a 40 mm (the Arwen and 40 mm are extended range systems that fire a specific type of less lethal ammunition, according to Bobrowich).

Bobrowich said the goal of less lethal weapons is to provide officers with the best possible option for safely resolving high risk situations, and CPS is always looking for the what might be the best tool in doing that.

"This is a matter of always being proactive in trying to find the best options and the best tools we can provide our frontline officers," he said.

"We want to safely resolve situations that may be emerging or spontaneous so that we can deal with them effectively and make sure that we are providing our frontline officers with those systems that are able and capable of resolving those situations."

Police taped off Riverfront Avenue, stretching from the Drop-In & Rehab Society to Centre Street Nov. 3, 2015. METRO FILE PHOTO

ASIRT DECISION

Officer found to be justified in shooting

Brodie Thomas
Metro | Calgary

The Alberta Serious Incident Response Team (ASIRT) has concluded that a Calgary police officer's actions were justified in a 2015 officer-involved shooting.

The initial incident occurred Nov. 3 after an apparent hit and run / pedestrian injury collision outside the east entrance of the Calgary Drop In Centre.

ASIRT said while officers were on their way to the scene they were told that a similar vehicle had been involved in multiple criminal events throughout that day.

It had been reported that after stealing the vehicle, the occupants got out with a baseball bat and what appeared to be a handgun — this information led officers to believe the vehicle occupants could be a significant and continuous risk to public safety if not apprehended.

During their investigation ASIRT said they learned that moments after the arrival of CPS on scene, the vehicle in question sped off east on 5 Ave. SE, jumped a curb on the south side of Dermot Baldwin Way and drove onto a large extended sidewalk occupied by pedestrians.

ASIRT's executive director Susan Hughson, reviewed the evidence and has confirmed there is no reasonable grounds to believe the officer involved committed any criminal offences and that his actions were both reasonable and justified in law.

"Based on the available evidence, it is very clear that the conduct of the driver constituted a very real risk of grievous bodily harm, if not death, to the officer who barely escaped being struck, as well as other pedestrians in the area," said ASIRT. "Only the good fortune and good reflexes of those in the path of the vehicle prevented serious harm."

GOD HAS A BETTER PLAN

When God is up to something, He superimposes His plan on your own. You may have lofty plans, but God may ask you to set them aside and make Him your priority. God 's plan for you is confirmed as He said, "For I know the plans I have for you says the LORD They are plans for good and not for disaster, to give you a future and a hope" (*Jeremiah 29:11 NLT*). Give your life to Jesus and allow God's plan for your life be fulfilled.

For prayers and counseling call the pastor at 587-579-0454

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Working later in life means competing with younger men. One would think that being older would be an asset, but along with the wisdom, experience and accomplishments that come with getting older, there are changes that occur in a man's outward appearance. These changes can make a male appear tired, anxious, or angry, and affect the way he is perceived. Societal changes of this day and age are putting pressures on older men in the workforce. Please don't shoot the messenger, gentlemen! This is fact, not just my opinion.

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"A large body of research has documented that in our society, physical appearance has a large impact on how individuals are perceived by others. Individuals perceived to be attractive receive preferential treatment in education, employment, medical care, legal proceedings, and romantic encounters that often result in their being happier, more successful, more socially adept, and more sexually fulfilled than others.

Studies have shown that individuals who are above average in attractiveness earn more money than those with an average appearance, and individuals with below average looks are penalized with the lowest hourly wages. Furthermore, physical appearance is intrinsically linked to body image, self-esteem, and confidence, and an attractive appearance promotes psychological wellbeing."

Excert from Social Implications of Hyperfunctional Facial Lines

- J Charles Finn, MD
- Sue Ellen Cox, MΩ
- Melissa L Earl, MPH

ROBERTA **SEGAR**

Certified Laser Specialist

Does it not make sense for a man to do what he can to take care of his skin and stave off the physical effects of aging on his appearance? Of course it does! More and more men are coming to realize something that women have long been aware of.

Taking care of one's appearance isn't vain. It's smart!

Medical Aesthetics opens up a whole new world of possibilities for a man to mobilize every personal asset in order to compete more effectively. Any treatment that can be done for a woman can be done for a man. Men are far less likely to talk about it then women are, but today's men are waking up to the benefits of high tech grooming. This article will discuss two solutions that are especially popular with our male clientele.

It's no secret! The #1 medical aesthetics treatment in the world is Botox. It's within a class of medications known as neuromodulators. Neuromodulators are used to relax deep lines that appear over time as we frown, raise our eyebrows in surprise or joy, smile, squint, and pucker. Animation of the face is, of course, a good thing, but the deep lines that become etched in the face over time can make a man look angry and stressed out, or old and tired.

Neuromodulators can relax muscles to create a more youthful appearance. Neuromodulators have been used for many years to treat many medical conditions. In tiny doses for cosmetic purposes they are used to relax crow's feet around the eyes as well as frown lines and horizontal lines in the forehead. Neuromodulators that are currently in use include Botox™, Dysport™ and Xeomin™. Relaxing muscles in the face with Neuromodulators is the most utilized cosmetic treatment in the world and men everywhere are doing it. Just think of it as Brotox!

As we age we also lose volume from our faces. Our cheeks, which were full and high when we were young can sink and develop a triangular shaped flat spot that can appear shaded and grooved. Many of us lose volume in the orbits of our eyes that result in eye circles that may or may not be dark in appearance. We also lose volume in other areas of the face. This lost volume allows the face to fall and contributes to the appearance of the deep folds that appear at the sides and corners of the mouth. Even when we are young, lack of volume can make us look tired!

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TWITTER SPAT

Nenshi apologizes, Rempel says move on

Helen Pike
Metro | Calgary

Michelle Rempel want's Mayor Naheed Nenshi to stop talking about their Twitter exchanges, and get to the real issue: increased taxes need to be acknowledged and rectified.

Earlier this week, the Mayor was quoted by the public broadcaster after he made the remark "math is challenging," directed at the MP, with whom he was sparring on Twitter over remarks she's made about the city's property taxes.

According to the mayor, by-laws in place mean the city can't give one business relief over another, so the city is working out exactly how to dole out cash.

"When the comment 'math is challenging' is being made, and the issue of increased taxes as having an effect on the economy is being dismissed as misinformation, I think it really does a disservice to the gravity of the situation," said Rempel at her Alberta Jobs Taskforce Community Meeting. "I have a room full of close to 100 people here, almost every comment at every table is: 'my taxes are too high.'"

On Wednesday, the mayor apologized for his words, which were taken as a sexist remark. But Nenshi noted he's heard nothing but an "LOL" in response from the MP.

"She spent hours tweeting and re-tweeting the most vicious personal attacks and insults against me," the mayor told reporters. "I've never seen a politician in Canada do anything like that before, you know, calling me an A-hole, calling me pathetic for hours."

Nenshi added it didn't seem like Rempel wanted to hash things out with him.

According to Rempel, she did request a meeting with the mayor about these issues months ago before their Twitter war, but never heard back.

Carrie Edwards, CBE director of transportation and planning, spoke to media Thursday and the CBE education centre about impacted schools and feedback. LUCIE EDWARDSON / METRO

Board seeks public input

EDUCATION

School program changes in final stages

Lucie Edwardson
Metro | Calgary

The Calgary Board of Education is asking for public feedback once again as they head into the final phases of planning for future use of learning space at areas one, two and five schools.

Carrie Edwards, director of planning and transportation for the CBE said despite opening many new schools this year — allowing for thousands of kids to attend school closer to home — some CBE schools are still too full, while others have too few students to offer robust programming.

In areas one and two, which covers the north half of the city) there are 11 schools impacted by proposed changes and in area five (covering the southwest part of the city) there are 16 schools impacted by proposed changes (a full list of schools are available on the CBE website).

"Decision making will also be guided by our planning principals which include minimizing disruptions for students, allowing students to attend school as close to home as possible, providing long term sustainability and using space and resources effectively," said Edwards, who added that final decisions will be presented in March 2017 and come into effect in the 2017-2018 school year.

Edwards said community participation and feedback has helped guide the CBE's future plans and that over two sets of engagement sessions more than 1,540 people attended, and in two online surveys they received more than 4,130 responses.

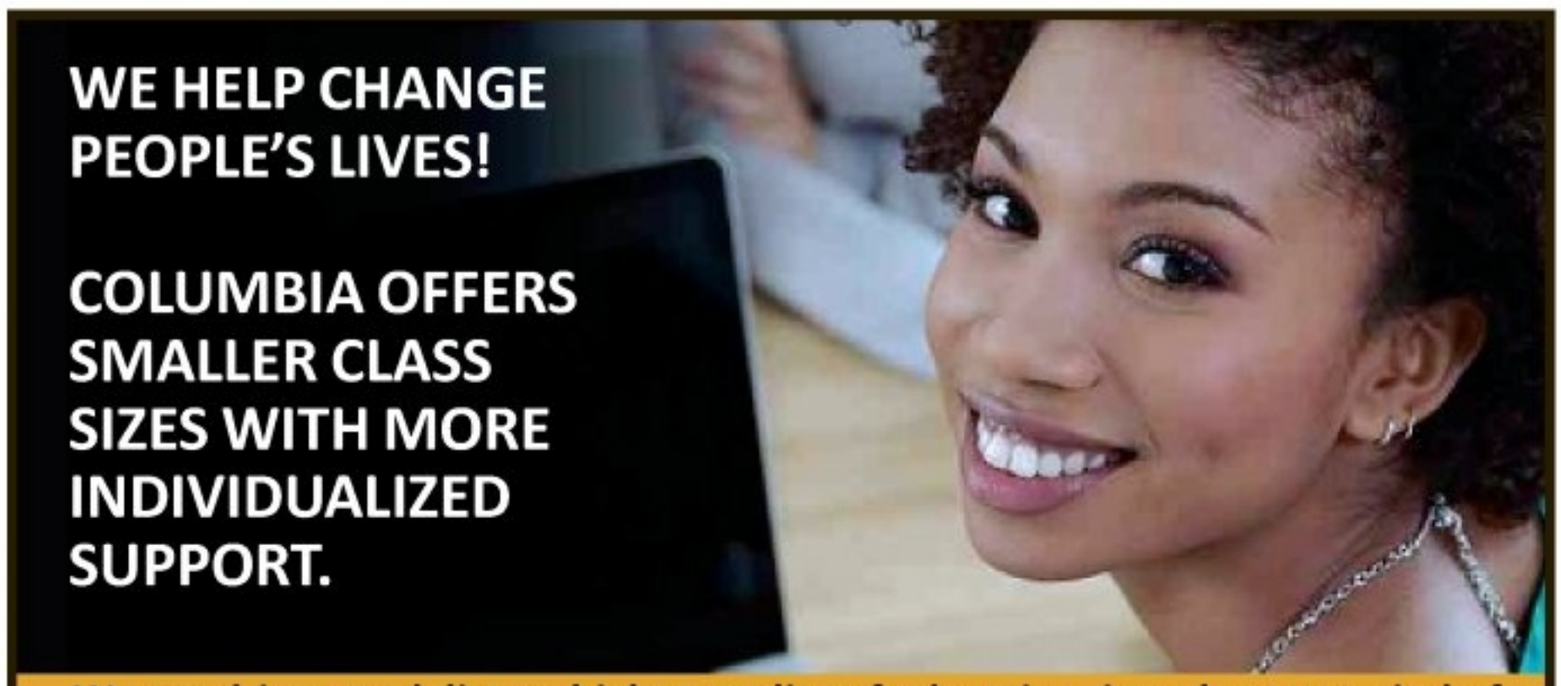
"Generally speaking, feedback from the public indicated how important it is for students to be able to attend a school close to home," she said. "So, our plans reflect that."

Edwards said the CBE has maintained existing regular programs at affected schools as a result of the feedback, but she also said there were a number of varying responses they continue to work through including grade configurations, with parents expressing apprehension about the middle school model.

"This feedback indicates to us the need to increase communication and build awareness," she said. "Highlights of the changes include keeping regular community program students close to home and allowing for growth in some of our alternative programs by moving them to a larger school facility."

Those wishing to offer feedback can do so by visiting the CBE website.

"These were not easy decisions to make. The perspectives shared with use were carefully considered in our decision making process," said Edwards. "We have taken all of the information and we are trying to do what is right. Right for our students, our teachers our schools and our communities."



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Four of 12 stolen firearms recovered

BREAK-IN

Weapons taken from Cabela's last April

Lucie Edwardson
Metro | Calgary

Alberta police forces have recovered four of the 12 guns swiped from a Calgary sporting goods store last April.

Police were called to the Cabela's location at 851 - 64 Ave NE around 6:30 a.m. April 19, 2016 after reports of a break-and-enter at the store.

Officers found the front doors on the north side of the building had been smashed and that 12 weapons were taken. The break-in happened around 4:40 a.m., police said, but it wasn't noticed until workers arrived two hours later.

Staff Sgt. Brad Moore said Calgary police have recovered three of the stolen weapons and arrested and charged three people, and Edmonton police have recovered one stolen weapon.

"The investigation is still ongoing to determine who did or didn't steal them," he said.

Jason Wilkening and Krystal Mundel were arrested and charged after police stopped them in Calgary's community of Pineridge and discovered a stolen 22-calibre rifle and a stolen Glock 21 in their vehicle.

Jas Deep Brar was arrested and charged by CPS in December after they received reports of a suspicious vehicle. Upon a search of the vehicle police recovered a stolen 9 mm handgun.

Edmonton police have also recovered a .22 calibre handgun stolen from Cabela's.

Moore said although they aren't sure yet if these individuals carried out the theft, they've caught people who are, at minimum, peripherally involved.

"From a policing perspective, any time we get any kind of weapons — especially firearms — off the street it's a huge benefit for us and for the safety of the public as well," he said.

Moore said it doesn't appear the firearms were used in any shootings, though they have heard allegations the weapons were pointed at people.

"It's always a concern when you put firearms in the hands of people who potentially live that lifestyle that is prone to violence and sometimes have some drug and other dependency issues," he said. "Even pointing a firearm is a very serious predicament for anyone who has had it pointed at them."

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Calgary police have released this footage to show what can happen when vehicles are stolen. COURTESY CPS

POLICE

Video shows how stolen vehicles used

Auto theft continues to be a problem plaguing citizens of Calgary and the police — but it's often preventable, according to CPS, who are releasing footage of stolen vehicles to demonstrate the impact on public safety.

According to CPS in 2016 there were 4,879 reported stolen vehicles — a 51 per cent hike from the five-year average.

"Typically, one in four stolen vehicles were taken with the keys inside. Yesterday morning alone, 14 vehicles were stolen that were left running with the keys inside," said CPS Thursday.

Police said not only do these stolen vehicles often end up being driven in a dangerous manner, they are also used for the purposes of other crimes, including robberies, break and enters and drug crimes.

In order to demonstrate the impact stolen vehicles can have on both public and officer safety CPS has released HAWCS footage showing offenders putting citizens, themselves and police at risk.

The video footage includes a vehicle narrowly missing a pedestrian on a sidewalk, two carjackings and vehicles being driven at extreme speeds into oncoming traffic and through red lights.

LUCIE EDWARDSON/METRO

NOTICE OF HEARING FOR PERMANENT GUARDIANSHIP ORDER TO:

Curtis Davenport

Take notice that on the **27th day of February 2017 at 2:00 pm, at Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order;** of your child born on **March 10, 2010.** If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

The Supreme Court will hear the appeal of Richard Suter, who crashed his SUV onto an Edmonton restaurant patio, killing toddler two-year-old Geo Mounsef in 2013. THE CANADIAN PRESS

Top court agrees to hear appeal

RICHARD SUTER

Defence says client given bad advice to avoid breath test

The Supreme Court of Canada has agreed to hear the appeal of an Edmonton man who crashed his SUV onto a restaurant patio, killing a toddler.

Richard Suter was initially sentenced to four months in jail along with a 30-month driving suspension after he pleaded guilty to failing to provide a breath sample in a death. But the Alberta Court of Appeal raised the sentence to 26 months.

Court heard the retired businessman, who was 62, had been arguing with his wife while parking his vehicle in front of a Ric's Grill in southwest Edmonton in May 2013, and mistakenly hit the gas instead of the brake.

Two-year-old Geo Mounsef was having dinner with his parents and baby brother when the SUV pinned him against a wall.

Suter testified at his sentencing hearing that he had three drinks over four hours before the crash, but wasn't drunk. The sentencing judge agreed that Suter wasn't impaired and was given bad legal advice to refuse a breathalyzer test.

Failing to provide a breath sample, when it involves a death, carries a maximum life sentence. But the lawyer who gave Suter advice testified he was unaware of the relatively new offence and believed police were simply charging him with failing to provide a breath sample.

After the crash, Suter was pulled from his SUV and beaten. Months later, while awaiting trial, he was abducted from his home by three masked men and had a thumb cut off.

In its decision, the Appeal Court said it took the vigilante violence into consideration but that Suter was a mature man with life experience who made a choice not to provide a breath sample to officers after the deadly accident.

Suter's trial lawyer, Dino Bottos, is arguing that the Appeal Court erred on several grounds, including that it found Suter shouldn't get a lower sentence because he relied on faulty legal advice.

"That lawyer told him not to provide a breath sample and Mr. Suter followed that advice," said Bottos.

> **Mr. Suter chose to refuse to provide a sample only because he was doing so strategically.**
> Dino Bottos

"The Court of Appeal in overturning his sentence found, without any evidence to base it on, that Mr. Suter chose to refuse to provide a sample only because he was doing so strategically or malevolently."

Bottos said it's rare for the high court to hear sentence appeals and he's asking it to restore Suter's original sentence of four months.

He said Suter has yet to decide if he will apply for bail pending the ruling. THE CANADIAN PRESS

PILOT PROJECT

Health-care services guide coming soon

Elizabeth Cameron
For Metro | Calgary

Alberta Health Services (AHS) wants to school you in the ABC's of health care.

Last year, the nonprofit advocacy group Imagine Citizens Collaborating for Health (IMAGINE) approached AHS to collaborate on a simple curriculum about how the health system works, now dubbed Health Care 101.

"When we get really sick or stressed, the last thing we want to figure out is how to navigate in or out of services," said Troy Stooke, co-chair of the Health Care 101 project.

"There are many different components to the health-care system and we haven't done a good job — really anywhere in Canada, but we think specifically in Alberta — teaching people what their health care system is made up of," said Tracy Wasylak, senior program officer of strategic clinical networks with AHS and co-chair of the project.

Health Care 101 will provide free information and tools designed to educate Albertans about a range of topics such as finding a family doctor, accessing services, and what prescriptions are funded by the province.

"If (Albertans) had better knowledge, I think it would help them navigate, ask the right questions, and be empowered to support themselves through the health care system," she said.

A pilot project will launch in late March and adjustments will be made based on citizen feedback. The final product should be available by the end of May.

Websites such as HealthLink and MyHealthAlberta will likely host the material, and there are plans for a TEDTalk video series, according to Wasylak.

Customized material for different groups of Alberta's population, such as indigenous people, will be created after the initial project is complete.

WEEKEND EVENTS LOTS TO SEE, AND DO, AROUND TOWN

Friday: Horseback archery
Explore the life of Lajos Kassai, the world famous archer who founded a school dedicated to preserving the cultural heritage of horseback archery. He's set four Guinness World Records, and helped establish the sport outside of Hungary in the 80s and 90s. The film has English subtitles. For more information, visit Calgary-hcca.blogspot.ca

Saturday: Trace
This show is always different. Actors Michelle Polak and Martin Julien share their intimate memories with the audience — and encourage audience members to join in with their own memories.

Saturday is the final chance to see this award-winning show.

For more information, visit hprodeo.ca

Saturday: Cris Derksen Trio
Cris Derksen is an Aboriginal cellist and composer, who often criss-crosses genres, cultures and attitudes.

Called electronic fusion or classical traditional fusion, Derksen 's music has been nominated for a Western Canadian Music Award and won a Canadian Aboriginal Music Award. For more information, visit hprodeo.ca

Sunday: Calgary Renovation Show
The first Calgary Renovation Show will feature experts brimming with ideas to create the perfect home reno. Get ideas and inspiration from more than 200 different brands. Special guests include designer and host of Love It or List It Vancouver, Jillian Harris. For more information, visit the calgaryrenovationshow.com

AARON CHATHA/METRO

The Green Room program aims to give young people a place to make contacts, and connects it to the show.

COURTESY KELLY HOFER

Green Room aims to open doors, minds

THEATRE CALGARY

Program offers unique take on networking for professionals

Aaron Chatha
Metro | Calgary

Theatre Calgary is offering a new way for young professionals to network — over tea and biscuits, and under the watchful eye of Her Majesty The Queen.

The theatre has launched the Green Room program in an effort to get more Calgarians into theatre.

"This is one of our efforts to reach out, especially to the younger demographic, and make sure Theatre Calgary is a warm, inviting and vital place to them as a part of the city and their lives," explained executive director Colleen Smith.

Here are the details: on the first Thursday night of each new play run, theatre goers can get $10 off their ticket (using the code greenroom) and access to the Green Room lounge, which is open one hour before the show and during intermission.

Everyone gets a free drink and some snacks — this time it's English tea sandwiches, in honour of the Queen.

It's a little different each time, to add a unique element relating to the play.

"For me, theatre's one of the ways I challenge how I look at the world," said Alex Kingcott, from the Green Room committee.

In a year where attendance numbers have fallen, Theatre Calgary is hoping to ignite the imaginations of a group that hasn't been taking part in the theatre scene. It also allows them to meet people their own age, with similar interests, in a more upscale but relaxed setting.

For more information, visit www.theatrecalgary.com.

> This is one of our efforts to reach out, especially to the younger demographic. **Colleen Smith**

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COUNCIL

Legal secondary suite applications spiked: City

Brodie Thomas
Metro | Calgary

Who'd have thought cutting down on paperwork would have a positive result?

The City of Calgary is boasting that applications for secondary suites are up 400 per cent since September 2015, when the process was streamlined and an online registry was created.

That means 383 suites have been approved or are in the process of being approved.

With the system as it stands now, many homeowners can skip getting a development permit and move straight onto the building permit application.

"Over half of the people who are coming in, they're qualifying to go straight to the building permit," said Cliff de Jong, senior special projects officer with the city.

"They're obviously very pleased about the simplicity of the process now. But it creates a bit of a financial cost avoidance for the homeowner."

He said it's really since the development permit exemption came in that the city saw a significant jump in applications.

Michael Bakgaard is in the process of applying to build a secondary suite. The Calgary Planning commission approved his zoning re-designation on Thursday.

Bakgaard said he did benefit from a reduction of fees, but he didn't decide to go ahead with the project because of the city's changes.

He's also unsure if the registry will be of value to him as a landlord.

"I don't know if there's enough people that know about the secondary suite registry for that to be relevant," he said, adding he's just not sure.

Three years after STARS helped save her live, Matea Smid, 3, clutches her STARS teddy bear along with her sister, Keziah, 6, and parents, Terrace and Pam. JENNIFER FRIESEN/FOR METRO

Giving the gift of time

EMERGENCY SERVICES

Family helps kick off 24th annual STARS fundraiser

Jennifer Friesen
For Metro

On a cold November morning in 2013, a Calgary family's relaxing weekend in the mountains turned into every parent's nightmare.

Pam and Terrace Smid woke in their Canmore hotel to find that their seven-month old daughter, Matea, was suddenly critically ill.

"We would later learn that she had developed septic shock," said Pam. "But, at the time, we only knew that we were in Canmore and Matea needed the specialized care offered in the city."

A physician told them Matea had no time to wait, so the infant was airlifted to Calgary by Alberta's emergency air ambulance service, STARS.

The family, including the now healthy and rambunctious three-year-old, was reunited with the STARS team on Thursday, as they offered their gratitude at the launch of the 24th annual Stars Lottery.

"Words can't express how grateful you become in a situation like that," said Pam. "To thank the people that contributed to saving your daughter's life — it's just a tremendous honour."

The first grand prize for the 2017 STARS Lottery is a home in Crestmont worth $998,000. With cars, vacations and cash prizes on top of that, the 3,145 prizes have a total worth of more than $4.9-million.

"The STARS Lottery is our single biggest and most important fundraising event of the year," said Andrea Robertson, STARS president and CEO. "It brings in a lot of money, and that money goes directly to keeping that red helicopter in the air."

STARS has been operating in Alberta for 30 years, and last year alone reached 1,800 patients in 250 communities — a feat that means so much more to the people who need it.

"That day, STARS gave our family the gift of time," Pam said. "But there have been many days since then that remind us of this tremendous gift."

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Feminism at core of comedic play

SCENE YYC

All the Little Animals I Have Eaten to take stage at festival

Aaron Chatha
Metro | Calgary

A fifth wave feminist stays up for 24 days straight working on a graphic novel based on her experiences at a boutique living space for women.

Eventually her imagination kicks into high gear as ghosts, avatars and well-dressed figments of her mind reveal themselves.

Stop me if you've heard this one before.

Karen Hines brings a new comedy to the stage for this year's High Performance Rodeo festival. All The Little Animals I Have Eaten is inspired by the Bechdal Test — which challenges works for fiction to have more than one female character, and have the characters talk to each other about something other than a man.

Hines fragmented narratives talk us through what might seem like mundane conversations — like an insurance adjuster talking to a women after an accident, or someone who's stolen intellectual property from another woman — but the writer's trademark wit and insight breathes a surreal tone into the situations.

> **Karen has a really specific and dark sense of humour.**
> Georgina Beaty

"The script has been shaped a lot through the rehearsal process," said actress Georgina Beaty, who plays a fragment of the main character's psyche. "Karen's wonderful and has a really specific and dark sense of humour. She's obsessed with language, her language is sort of phenomenal, delightful and fast."

The play sets itself in the eatery of this boutique living space — itself a skewering of women's only hotels from the 50s and 60s — where there are a number of little animals available to eat. A cursory look at the play's title will tell you the animals are a running theme.

"There are little animals all throughout the play, and I think she's asking, 'what right do I have to my life and to consume another animal,'" Beaty explained.

The play just opened, and runs until Jan. 21.

DETAILS

For more information, visit www.hprodeo.ca.

The players on-stage are all fragments of the lead's imagination, taking on different roles.
AARON CHATHA/METRO

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Canuck cliché may be true

IDENTITY

Canadians are as nice as the world insists, author says

When Michigan-born author Kerry Colburn started dating a Canadian, her girlfriends had an immediate great impression of him — without even meeting the guy.

"They would say, 'Oh you're so lucky, you're dating a Canadian. Those guys are so nice!'" recalls Colburn, who went on to marry the Canuck.

The fact he was Canadian seemed to be the only thing her gal pals needed to know, she chuckles.

The notion that Canadians are extra nice is an enduring stereotype the Seattle-based writer wholeheartedly buys into, and it would seem a lot of Americans do, too.

Meryl Streep was the latest to invoke the cliché in her Golden Globes speech on Sunday, a barbed critique of U.S. president-elect Donald Trump that included a salute to Ontario's Ryan Gosling for being "the nicest people."

"It's so funny that of all the adjectives that she could use for the Canadians she says 'the nicest,' right?" says Colburn, who teamed with her husband to co-write the books "The U.S. of EH?" and "So, You Want to be Canadian?"

Like it or not, Canadians should embrace this persistent perception, mostly because it's true, U.S. author and avid traveller Eric Weiner says.

"I get a lot of push-back from Canadians who say, 'We're really not that nice,'" says Weiner.

"I know Canadians will bristle and say, 'We're really just passive-aggressive.' … There is an element of passivity, I think, in the Canadian character that comes across sometimes, but really I think the niceness is this politeness and this humility that we don't have here."

Of course, like any stereotype, the notion of the "nice Canadian" is not universally true, he adds. THE CANADIAN PRESS

POLITICS

TRUDEAU FACES TOUGH QUESTIONS ON TOUR

Prime Minister Justin Trudeau gestures to a member of the audience during the question and answer session during a town hall meeting in Kingston, Ont. on Thursday.

Trudeau, who faced critical questions about issues including the Phoenix pay controversy and the handling of indigenous issues, is at the start of a whirlwind, taxpayer-funded outreach tour. THE CANADIAN PRESS

VACATION

PM confirms, defends private flight to island

Prime Minister Justin Trudeau is confirming — and defending — his use of a private helicopter while vacationing with the Aga Khan, saying it was the only way to get to his friend's secluded Bahamian island.

The prime minister and his family spent time over Christmas at Bell Island in the Bahamas.

To do so, they flew to Nassau on a Canadian government jet, but made the last leg of the journey aboard the Aga Khan's helicopter.

Trudeau's own ethics guidelines bar the use of sponsored travel in private aircraft, allowing only for exceptional circumstances related to the job of prime minister and only with the prior approval of the ethics commissioner.

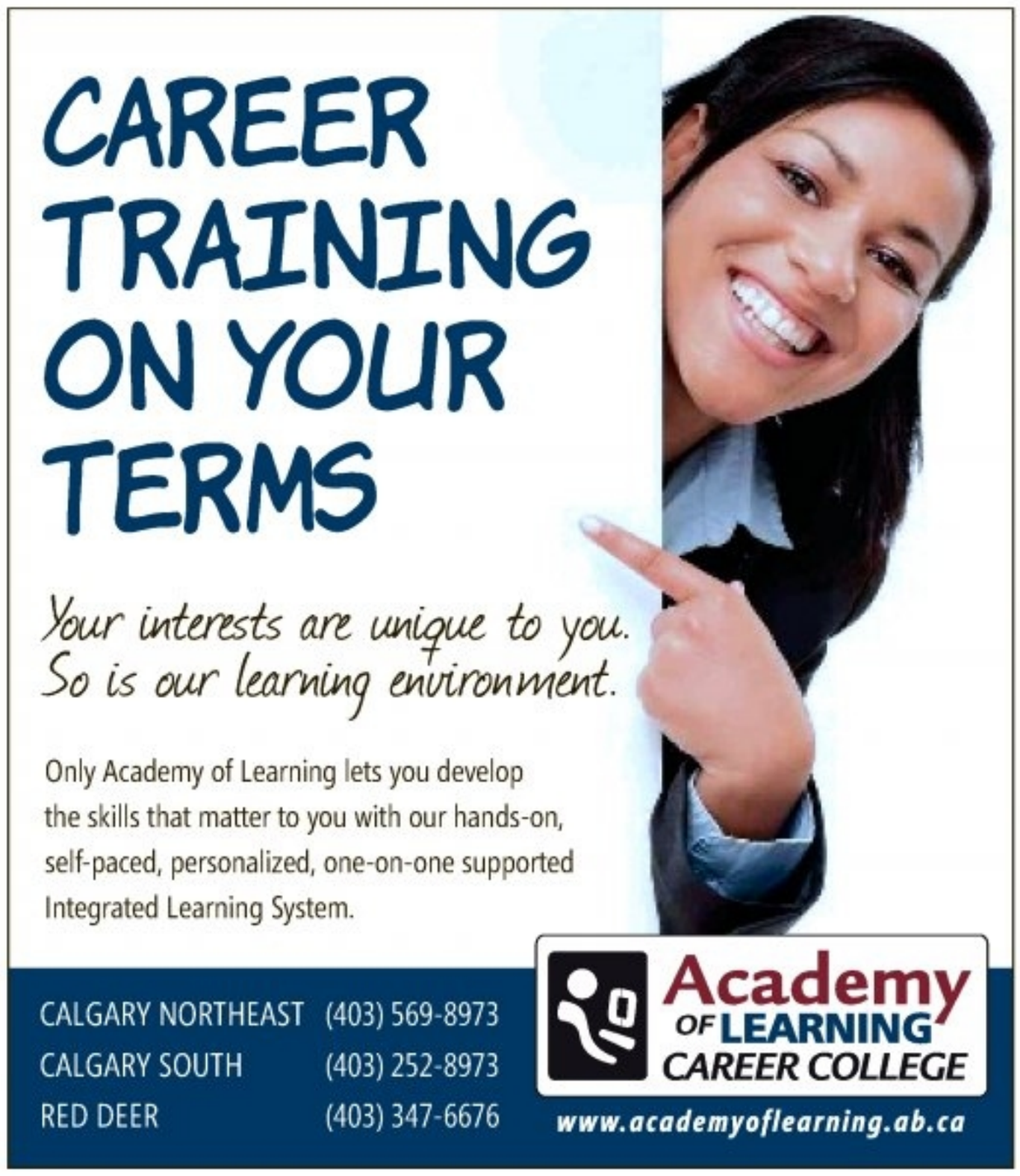
But he says he doesn't believe the trip poses any ethical dilemma.

He says he's happy to discuss the matter with conflict of interest and ethics commissioner Mary Dawson "and answer any questions she may have."

Trudeau only confirmed the helicopter flight when speaking to reporters on Thursday, noting it's the only way to get to Bell Island.

"The travel back and forth from Nassau happens on the Aga Khan's private helicopter, which he offered us the use of," Trudeau said. "It's something that certainly we look forward to discussing with the conflict of interest and ethics commissioner, but we don't see an issue on that." He repeated that the vacation was a family trip.

THE CANADIAN PRESS



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Goodbye and hello

Obama's big farewell, and Trump's first media hello, couldn't have done more to put the past and present into sharp relief

ROSEMARY WESTWOOD
From the U.S.

The differences between Obama and Trump couldn't have been sharper this week. GETTY IMAGES

Did you hear the echo in Barack Obama's voice during his farewell address? It made him sound like a man already speaking from the past. Or if you take seriously his message of hope — that consistent, plodding message of hope — a man speaking from the future.

Maybe you were also online, watching the stories stream in via CNN and the New York Times detailing all the dirt that Russia, allegedly, has on President-elect Donald Trump.

Watching reporters lob complicated, double-barred questions at Trump during his press conference the next day, questions he easily sidestepped; watching Trump turn said press conference, meant to cover his enormous conflicts of interest, into a referendum on how the media handled the steamy allegations of blackmail dirt; watching Trump stock the marbled room with a cheering audience and piles of paper, signalling that all press conferences from now on will be staged like a performance; all this suggested that someone still has the upper hand. And it's an orange one.

This week, with Obama's big goodbye, and Trump's first media hello, couldn't have done more to put the past and present into sharp relief.

Obama spoke, as always, with passion, composure, and eloquent complete sentences. Trump spoke, as always, with derision, falsities and the rhetorical equivalent of splashing in a pool. Very early Wednesday morning, Trump compared his political opponents to "Nazi Germany" on Twitter.

Later, we learned that the 2016 "Russia Law Firm of the Year," Morgan Lewis, was picked to handle Trump's business conflicts of interest, just as Trump was forced to admit Russia hacked the DNC and sought to influence the U.S. election in his favour, which itself came after months of Putin-fawning and intelligence-community bashing. Putin's fondness for Trump is "an asset," Trump asserted, without any irony. Later, he took to Twitter to tell everyone to go "buy L.L. Bean."

Trump's attack on Buzzfeed and CNN during his press conference should alarm the media. (He called Buzzfeed a "failing pile of garbage," and CNN "fake news," and refused to answer a CNN reporter's questions.) So should his clear disinterest in regular press conferences.

The institution of the presidency will not emerge from four years of Trump unchanged. It's already begun to mould around him during the transition, especially on the matter of communication with the press and conflicts of interest. When Trump called the unsubstantiated report of Russian blackmail and influence "fake news," he continued the tradition of hyperbolic statements intended to destabilize any sense of a common reality.

When he again argued only reporters care about seeing his tax returns, he ignored the facts. This week, a poll found 60 per cent of Americans agree with reporters, but 53 per cent of Republicans agree with Trump.

Trump, it's clear, considers his supporters to be Americans, the media to be the enemy, and everyone else to be invisible. This is how we can expect him to govern. From hope to harassment: The presidential transition of our time.

U.S. POLITICS

Carson tells Senate he knows housing needs

Former U.S. presidential candidate Ben Carson defended his experience and credentials Thursday to serve as the nation's new housing secretary, turning to his life story to show that he understands the needs of the country's vulnerable. At his confirmation hearing, Carson talked about growing up in Detroit with a single mother who worked numerous jobs to keep a roof over their heads.

"I have actually in my life understood what housing insecurity was," he said. THE ASSOCIATED PRESS

Cuban immigration policy ends after many years

President Barack Obama announced Thursday he is ending a longstanding immigration policy that allows any Cuban who makes it to U.S. soil to stay. The repeal of the "wet foot, dry foot" policy is effective immediately, and follows months of negotiations focused in part on getting Cuba to agree to take back people who had arrived in the U.S. THE ASSOCIATED PRESS

WASHINGTON

Emotional Biden awarded Presidential Medal of Freedom

At the dusk of both of their political careers, surrounded by friends and family, U.S. President Barack Obama on Thursday bestowed the Presidential Medal of Freedom on Joe Biden, the man he called "the finest vice-president we have ever seen."

Biden winced in shock as Obama announced he was conferring the nation's highest civil honour on his right-hand-man of eight years. Biden turned away from cameras, wiped away tears, then stood stoically as Obama draped the blue-and-white ribbon around his neck.

"I just hope that the asterisk in history that is attached to my name when they talk about this presidency is that I can say I was part of the journey of a remarkable man who did remarkable things for this country," Biden said.

There were several standing ovations at what had been billed as a modest farewell ceremony for Biden but evolved into a surprise bestowal of the Medal of Freedom, the last time Obama will present the honour.

"I had no idea," Biden said of the award, insisting he didn't deserve it.

It was the only time Obama has presented the medal "with distinction," also awarded only once by each of the previous three presidents.

> **To know Joe Biden is to know love without pretense, service without self-regard and to live life fully.**
> President Barack Obama

Obama, joined Thursday by his wife and daughters, was effusive in his praise for the man who ran against him in 2008, then agreed to be his running mate. He said Biden had made him a better president, calling him "a lion of American history."

"To know Joe Biden is to know love without pretense, service without self-regard and to live life fully," Obama said.

The famously plainspoken Biden has long said he only agreed to the job after Obama agreed he would be the last person in the room before major decisions were made. Over two terms, they developed a bond that both men said transcended the office, with their wives, children and Biden's grandchildren becoming close friends.

They disagreed, too, on occasion, including when Biden advocated against the high-stakes raid that killed Osama bin Laden. Biden's tendency to veer off-script caused occasional headaches for the White House, such as when he unexpectedly announced support for gay marriage in advance of the 2012 re-election, forcing Obama to do the same soon after.

Yet as they gathered for a final goodbye, none of that seemed on either man's mind. THE ASSOCIATED PRESS

Joe Biden accepts the Presidential Medal of Freedom on Thursday. THE ASSOCIATED PRESS

SYRIA

Airstrikes continuing to escalate despite ceasefire

The UN envoy for Syria said Thursday that a ceasefire was "largely holding, with some exceptions," as opposition activists reported a mounting number of government airstrikes, including a raid in the northern Aleppo province that killed at least six civilians.

Speaking to reporters in Geneva, Staffan de Mistura said he was concerned that fighting northwest of Damascus that has cut off the capital's clean water supply would further escalate and derail proposed negotiations between the government and the opposition in Astana, Kazakhstan, later this month.

The talks are sponsored by Russia and Turkey, which support opposing sides of the Syrian civil war. But the status of the meeting, planned for Jan. 23, is not clear. Rebels say the government's continued campaign for the Barada Valley, the capital's main source of water, has cast the talks in doubt.

The UN says the capital has suffered from a water shortage affecting 5.5 million consumers since December 22.

The leader of one of Syria's largest rebel factions, the ultraconservative Ahrar al-Sham, said in remarks aired Thursday that the violence in the valley and daily airstrikes on rebel-held areas "are signs of a collapsing truce."

De Mistura said five villages in the Wadi Barada area have reached an "arrangement" with the government, but two villages, including one which holds the source of water, al-Fijeh, have not.

"There is a danger, a substantial danger, imminent danger, that this may develop into a further military escalation," further imperiling the water supply, he said.

He also said the ceasefire, which came into effect Dec. 30, should widen humanitarian access to besieged areas, but that "unfortunately, that is not the case." THE ASSOCIATED PRESS

ISRAEL

Syria says Israel Friday launched missiles that hit near a military airport west of Damascus, triggering a fire. In a statement, the military says the missiles fell in the vicinity of the Mezzeh military airport. It did not say whether there were any casualties. THE ASSOCIATED PRESS

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Coal mining in Sparwood, B.C. is expected to escape the fallout of a carbon tax as it exports its product. THE CANADIAN PRESS

Tale of two coal towns

CARBON TAX

Hanna, Alta. may lose jobs; Sparwood, B.C. unaffected

The hand-painted sign on a bumpy road on the east side of Hanna speaks volumes.

"Hanna supports coal, cows, gas and oil," it says bluntly. The sign includes a circle with a line through it over the words "carbon tax."

The town of 2,700, northeast of Calgary, has largely lived off agriculture. But a large vein of thermal coal east of town led to the construction of the coal-fired Sheerness generating plant in the early 1980s and has provided jobs and business in the region ever since.

People worry that economic boost is threatened by a new carbon levy and the provincial government's plan to shut down coal-fired power plants by 2030 and move exclusively to natural gas, wind, solar and hydro energy instead.

"If it's a complete 100 per cent closure we're going to lose 200 full-time, well-paying jobs. That's about 7.5 per cent of our population," says Hanna Mayor Chris Warwick.

"To put that into real-life numbers, Edmonton losing 7.5 per cent is about 62,000 people — Calgary's around 90,000 — so it's a massive hit. These are well-paying jobs so it's not a good situation for us."

It's a different situation 450 km southeast in Sparwood, B.C., where coal is still king.

Sparwood, unlike Hanna, has metallurgical coal, which is almost entirely exported to Japan and Korea for steelmaking. That makes the product exempt from the carbon tax.

Sparwood's mayor says an increase in world prices over the past few years has kept the mountain community humming. Teck Resources employs about 4,000 people at its five steelmaking coal operations.

"We're very dependant. Coal is what we are — 90 per cent of the people who live in Sparwood are dependant on coal one way or another, whether it's directly with Teck or subtrades or contractors," says Mayor Cal McDougall.

THE CANADIAN PRESS

market minute

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IN BRIEF

McBreakfast all day long
McDonald's has begun serving its famed Egg McMuffins, hash browns and other breakfast menu items around the clock in some restaurants in Canada. The fast-food giant has launched all-day breakfast at 17 restaurants in B.C., Ontario and Quebec. THE CANADIAN PRESS

HOUSING

Real estate closing 'feast and famine' gap

The extreme regional disparities that characterized Canada's real-estate markets last year will narrow in 2017 as overheated areas cool and slower markets gather steam, Royal LePage says in a report released Thursday.

That trend will be driven by lower prices in Greater Vancouver and strong but moderating price growth in the Greater Toronto Area, the company said.

"In 2017, we anticipate a movement away from the regional extremes of real-estate feast and famine — and that is a very good thing," said Phil Soper, president and CEO of Royal LePage.

13%
The highest growth in 10 years recorded in Royal LePage's national composite index of prices.

Royal LePage's national composite index of prices grew 13 per cent year-over-year to $558,153 in the fourth quarter of last year, the highest increase recorded by the index in more than 10 years. Two-storey homes led the charge, rising 14.3 per cent to $661,730, while the price of a condo was up a more moderate 7.4 per cent to $356,307.

Nationally, home prices are forecast to climb 2.8 per cent this year, Royal LePage said.

In Greater Vancouver, an 8.5 per cent price correction is expected, in spite of the fact that the province's economy is projected to lead the country this year. Even with that decline, home prices would be $1,126,000.

That contrasts with the outlook for the Toronto area's real-estate market, where Soper says there is "no relief in sight" as underlying economic fundamentals remain strong. Prices in the area are expected to hit $793,000, an increase of 10 per cent. THE CANADIAN PRESS

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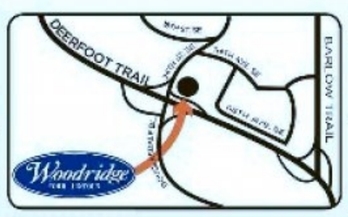

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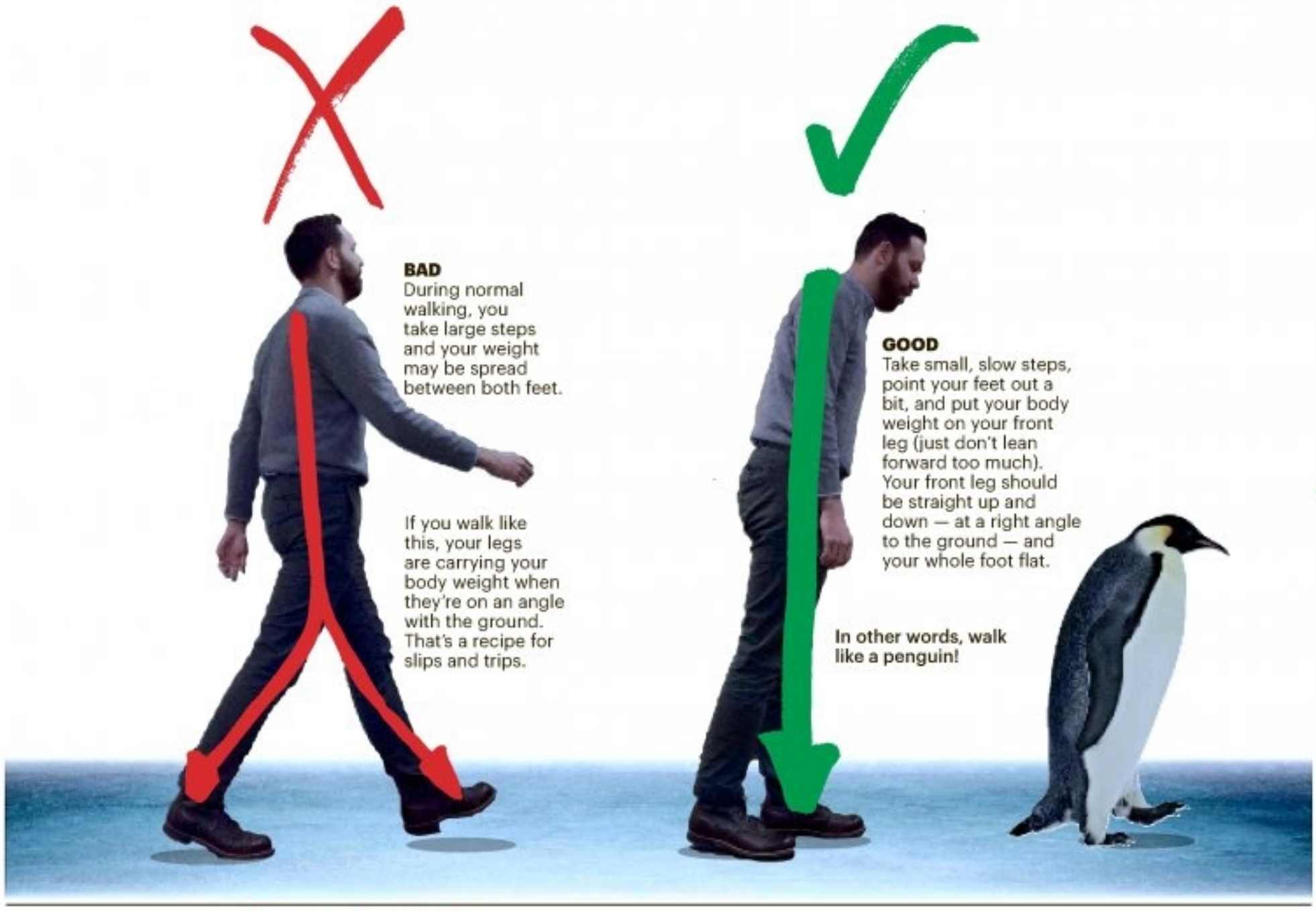
metro SCIENCE
Your essential daily news

Doggone sad: Big dogs may have short lives because they burn a lot of energy, making chemicals called free radicals that speed up aging

DECODED by Genna Buck and Andrés Plana

MARCH LIKE A PENGUIN, FOR SAFETY

Falls are a big deal. In winter, very real fear of falling can isolate the elderly and people with disabilities indoors, but anyone can take a tumble. A group of German doctors has published guidelines on how to walk safely during slippery-sidewalk season. We recruited Metro reporter Luke Simcoe to demonstrate.



BAD
During normal walking, you take large steps and your weight may be spread between both feet.

If you walk like this, your legs are carrying your body weight when they're on an angle with the ground. That's a recipe for slips and trips.

GOOD
Take small, slow steps, point your feet out a bit, and put your body weight on your front leg (just don't lean forward too much). Your front leg should be straight up and down — at a right angle to the ground — and your whole foot flat.

In other words, walk like a penguin!

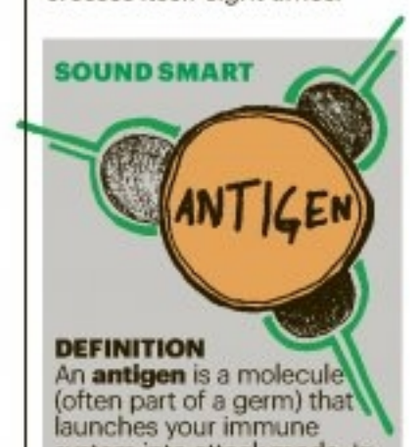
FINDINGS
Your week in science

STEVEN G. JOHNSON

MONKEY MATH
University of Toronto researchers believe capuchin monkeys have some understanding of probability. When given a choice between different jars, they pick ones with proportionally more peanuts. It's a level of numeracy beyond "less" and "more" we thought only humans had.

TIGHTEST KNOT
University of Manchester scientists have the boy scouts beat. They braided molecular strands into the tightest, most complex knot ever made. It crosses itself eight times.

SOUND SMART



DEFINITION
An **antigen** is a molecule (often part of a germ) that launches your immune system into attack mode. In response to contact with an **antigen**, you make sticky proteins called **antibodies** to fight it.

USE IT IN A SENTENCE
Everybody is staying ten feet away from Deborah because she's sneezing and sniffling. But she doesn't have the flu. Her body thinks the dust in here is an **antigen**, even though it's harmless, and her immune system is on the attack. She has a dust **allergy**.

CITIZEN SCIENTIST by Genna Buck

How can I boost my immune system?

Does zinc, echinacea or vitamin C help boost the immune system? - Levon, Toronto

Given what a gnarly cold and flu season we're in, I wish I had some better news for you. Alas, no.

The first thing to ask when someone claims this or that potion "boosts the immune system" is "Which part of it?" The immune system isn't one thing. It's physical barriers, specialized cells and response mechanisms all working together to fight off invaders like cold and flu viruses.

The second thing to ask is "what are the side effects?" A true, measurable, significant boost to the immune system can leave you feeling pretty crummy. Ever gotten a shot of interferon to help rev up the inflammatory response your body uses to fight a virus? The disease-fighting proteins released into the blood are the same ones you get from a hangover. What about sargramostim, which helps make white blood cells if yours have been wiped out by chemo? One of the side effects is "bone pain." Ick.

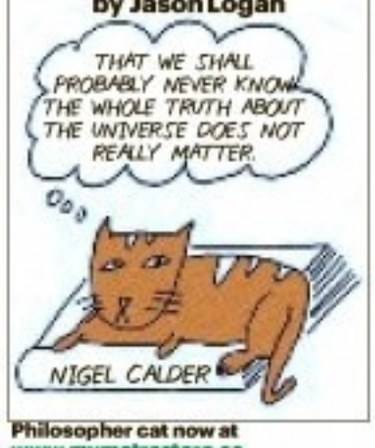
It's true your immune system may fall down on the job if you're stressed, malnourished, smoking, or deficient in essential vitamins or minerals. But if you're generally healthy, there isn't that much you can do to get immunity superpowers, cool as that would be.

On to specifics: There's a bit of evidence, from reviews of previous studies, that taking echinacea or zinc supplements may shorten the duration of colds very slightly. But the data are mixed and the effect is small to insignificant, especially in the case of echinacea. Getting enough vitamin C helps you have fewer colds, but it doesn't do much once you're sick.

A vitamin D researcher I spoke to once reminded me of something else: Some studies that find that vitamin supplements have a benefit (i.e. a vitamin prevents colds), didn't screen people for deficiency. The pills didn't give people extra immunity: They fixed what was broken, allowing the immune system to work as it should.

Science Question?
Tweet @genna_buck

PHILOSOPHER CAT
by Jason Logan



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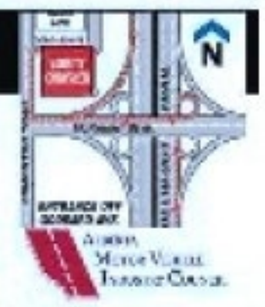

metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Richard Crouse
In Focus

At the top of her field

Hollywood's second Grand Dame Annette Bening might be best of all

In 20th Century Women, Annette Bening serves up trademark density to her free-spirited character Dorothea. CONTRIBUTED

Meryl Streep has a body of work that speaks for itself and, as she proved last Sunday night from the stage of the Golden Globes, is unafraid to challenge the status quo. But last week while the world formed opinions about Streep as she mouthed off about Donald Trump, I had my eye on someone in the audience.

During Streep's speech the camera landed on Annette Bening, who gives the Grand Dame a run for her money, acting wise.

This weekend Bening adds 20th Century Women to her already stellar IMDB resume. As free-spirited single mother Dorothea she is, as writer David Edelstein wrote, irreducible. In other words she's complex: loving yet stand-offish, warm but steely, a hippie who studies the stock market and Bening brings her to vivid life.

It's that density of character that sets Bening apart from her peers, Streep included. Warren Beatty, her husband and sometimes director says she has, "talent, beauty, wit, humility and grace," a combination that makes her "the best actress alive."

Biased? Likely, but the evidence is on the screen. Bening works sporadically, sometimes taking years between projects or taking small supporting roles in idiosyncratic independent films like Ruby Sparks, but her characters are always compelling.

She became a star playing femme fatale Myra in 1990's con artist caper The Grifters. Gleefully embracing her character's deviousness, she stole the movie. Then came intricate portrayals of everything from a neurotic real estate broker in American Beauty to Bugsy's tough-talking Hollywood starlet and In Dreams' psychic vigilante. Each performances is a polished gem even when the movies aren't as good as she is.

The last of her Best Actress Oscar nods came with 2010's The Kids Are Alright. At the center of story are Nic (Bening) and Jules (Julianne Moore), a long time lesbian couple raising their two kids. It's a happy family until their daughter contacts her biological father Paul (Mark Ruffalo) via the sperm bank.

A scene near the movie's end displays the complexity of Bening's work. Nic and Paul sing a Joni Mitchell song at a dinner party. Their wild act is joyful, ridiculous and poignant simultaneously and is a perfect microcosm of Bening's performance. It's her well-drawn character that keeps the basic story afloat with its lived-in, realistic feel.

Less known is Bening's fine work in The Face of Love, a 2014 film about a widow obsessed with a man who looks exactly like her late husband Tom. Trouble is, she never tells him about his resemblance, raising the question: Is she in love with Tom or a memory?

Is she a selfish conniver, a grief stricken widow or one brick short of a load? The movie allows for interpretation, but regardless of your take, Bening's performance is so raw and vulnerable it's difficult to completely condemn her behaviour.

Bening's name may not always be mentioned in the hushed tones as Streep, but I suspect she doesn't care for the accolades as much as shattering the clichés of how women are portrayed on film. On that score she is at the top of her field.

MOVIE RATINGS by Richard Crouse

Patriots Day ★★★★	HOW RATING WORKS
Paterson ★★★★	★★★★ SEE IT
20th Century Women ★★★★	★★★ WORTHWHILE
Live By Night ★★★	★★ UP TO YOU
Monster Trucks (no stars)	★ SKIP IT
Bugs ★★	

THE MERYL STREEP I KNOW

Overrated is the last word I would use to describe Meryl Streep as an actress or interview subject. Like everybody else I've admired her work from the early fresh-faced roles in films like Manhattan to the emotional catharsis of Kramer vs. Kramer, through her accent phase and beyond.

I've also interviewed her several times. In our conversations, as in her controversial speech at the Golden Globes, she's always been forthright, fearless and gracious.

Our first chat was 11 years ago in Minnesota. I've done hundreds of these things and the only thing they have in common is the amount of time sitting in hotel hallways. Experience taught me to always bring a book.

I read until it was time to talk with Streep. I sat opposite her under hot TV lights. Then she did something remarkable. Before my first question she asked me one. "What book are you reading?" No actor had ever asked me about my ever-present book. As we chatted I was being seduced by the Streep charm.

She was doing what she does in her work; taking our time beyond the professional and into the personal. That bond to her audience and her characters is what makes her great, not just as an actress or speech-maker but also as a person. Overrated? I think not. RICHARD CROUSE/METRO

‘So much is expected of young women now’

Mid-50s mother Annette Bening’s Dorothea raises teenage son Jamie (Lucas Jade Zumann) in 20th Century Women. CONTRIBUTED

INTERVIEW

As she plays a 1970s mother, Annette Bening fears for future

In 20th Century Women, writer/director Mike Mills’ follows his male-centric and semi-autobiographical Beginners with a film celebrating the female side of his family.

It centres on Annette Bening’s Dorothea, a chain-smoking single mom in her mid-50s in the swinging California of 1979. She’s raising her 15-year-old son Jamie (Lucas Jade Zumann), whom she had late in life and doesn’t quite know what to do with. Her tenants and visitors in the rundown Santa Barbara mansion she nominally heads offer life advice good and bad, with two women in particular — Greta Gerwig’s punk-loving Abbie, 24, and Elle Fanning’s rebellious Julie — acting as life coaches to the mixed-up lad.

It’s a well-crafted and observant drama that features honest looks at romance, sexuality, and above all: womanhood.

And Bening steps into the character of Dorothea with the same worldly authority she brought to her lauded roles in American Beauty, The Grifters, The Kids Are All Right and husband Warren’s Beatty’s recent Rules Don’t Apply.

On the line from L.A., Bening spoke about her latest character creation and the pressures of women in the 21st century:

An interesting aspect of this movie is in 1979 you were about the same age, 24, as Greta Gerwig’s Abbie. She’s playing who you were back then, in a sense, while you’re playing a woman who could have been your mother.

That’s right. I was that age exactly. That’s why when I read the script, it just shook me. Because I felt like I had never read a story that was placed in my own world and had been contextualized it for me in such a heartfelt, interesting way.

Does it make you feel a little bit like a time traveller?

Yes! That was fascinating. I was playing my parents’ generation basically at that time rather than my own. I loved that about it. And especially because she fit what I would think of that generation of people, women, whatever, and then in other ways she’s such an iconoclast that she doesn’t fit into any of those stereotypes and I love that about her.

From your perspective, how have things changed for women since the 1970s?

So much is expected of young women now.

There’s so much pressure on women with their appearance. There always has been on women, but it just feels like with social media and with everyone having a camera and the selfie world — you’re supposed to look a certain way, have a certain body, and you’re supposed to go out and go to college.

Oh, and of course you’re also supposed to have some kind of incredible job. And you’re supposed to have children and you’re supposed to manage all of this. It feels like the expectations keep getting added on, rather than more of a sense of freedom.

Which is really the objective: The freedom to make choices that you want to make and not feeling like you have to do certain things because it’s a culture that’s putting pressure on you because it’s something that you want to do.

What do you make of your character Dorothea?

I just love her. I didn’t really have a strong impression of her when I first read it. I read the story and the screenplay as a whole and just — my head exploded. I loved it. I found her very enigmatic and paradoxical.

How did you find working with Mike Mills? His dialogue is so smooth and his directing style is so relaxed, it seems like it would be easy.

Exactly. And he’s a very observant guy. He’s a listener. He’s also very verbose, don’t get me wrong.

But he listens, and interviewed friends of his, and interviewed girls who were young during this time, and found out all kinds of stories that women would not necessarily tell a man, like about their periods, and about having babies, and all kinds of issues which interested him, that he ended up writing about in this very beautiful way.

And I think that’s the biggest reason why the screenplay in the movie has the nature it does. Because of Mike’s nature.

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> **I felt like I had never read a story that was placed in my own world in such a heartfelt, interesting way.**
> Annette Bening

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The Power to Surprise

Mum's the word as Mills mines surreal life again

INTERVIEW

Director turns to his mother for inspiration and eccentricity

Steve Gow
For Metro Canada

Lucas Jade Zumann, Greta Gerwig, Annette Bening, Elle Fanning and Billy Crudup star in Mike Mills' latest take on his own unconventional upbringing in 20th Century Women. CONTRIBUTED

Mike Mills might just be the most candid director in Hollywood. After all, not only does he frame his films around his real life but they're unabashedly unfiltered.

"Its not like this is brand new stuff to me," laughed the filmmaker ahead of his latest acclaimed feature, 20th Century Women — in theatres this week. "I've been in therapy since I was 28 years old. I've been talking about my life, externalizing it and analyzing it a lot and I'm fine with that."

Most notably, Mills won accolades for 2010's hit dramedy Beginners — the story of Mills' terminally ill father coming out of the closet at age 75, a film that earned star Christopher Plummer a long-awaited Academy Award.

Now in 20th Century Women, Mills turns the camera on his old-school feminist mom and the unconventional upbringing he experienced in the 1970s.

"I do feel like this is a very long thank you letter," admitted Mills, amending the overworked 'love letter' analogy. "(The movie's) made with love and made with all my confusion and unresolved things, frustrations and admitting the stuff I didn't get from her that I wanted. It's a letter that's trying its hardest to understand the other person."

If working out his therapy in script-form wasn't enough, Mills seems to have found a constructive compatriot in fictional mother/actor Annette Bening, who's quickly garnering Oscar buzz for her performance as Dorothea, the film's eccentric chain-smoking matriarch.

"I had my mom in my head and when I came to, I really didn't know what to do," explained Mills of enlisting an actor to connect on such a personal level, a task completed only through Bening. "She asked me really pointed, uneasy questions about Dorothea (and) your script doesn't always connect with an actor on a way deeper level like that."

In fact, the four-time Oscar-nominated star's portrayal was so credible, even the 50-year-old filmmaker had to shake his head a few times.

"I can't even imagine Dorothea the character in any other way," said Mills of Bening's work. "I wrote every single line and when I watch the movie, I don't feel like I wrote it — she just says it and that's a trip — that's a testament to how convincing she is."

Bening won acclaim for her central role in another unconventional screen family in 2010's The Kids Are All Right. Mills is happy to be bringing another less than typical family unit to theatres seven years on.

"Great families are made in all different ways," said Mills of his cinematic homage to an unconventional upbringing.

"My real mom and me for sure, feel strongly that some of my favorite families are two dads or two moms (so) its more about love and understanding."

HAPPY TO KEEP IT PERSONAL

On channeling personal history into the story:
"When I'm making a movie, my job is just to make a good movie," said Mills. "I use personal material because I feel it's my best shot to report something unique, real, funny and alive."

For instance? "In therapy, I kind of realized my mom wanted me to be (Humphrey) Bogart," said Mills, who pays tribute to classic hit Casablanca in the film.

"(But) I think she really modeled herself on Bogart. As a woman, I think she really found him good for her in terms of how to be."

STEVE GOW/METRO

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While better known for the explosive volatility of his Kylo Ren on The Force Awakens or on HBO's Girls, Driver's underlying sweetness comes to the surface in Paterson. CONTRIBUTED

Adam Driver brings out underlying sweetness

INTERVIEW

Force Awakens actor switches gears in poetic Paterson role

Adam Driver prefers not to see the films and TV shows he's in, a policy that he grants he's taken a little far.

"I haven't seen Lincoln and I have, like, the smallest part in Lincoln," Driver says, chuckling. "It's not called Samuel Beckwith the Telegraph Operator, it's called ... Lincoln. I should watch it."

Even though he stars in two of the better films of the year, Jim Jarmusch's Paterson and Martin Scorsese's Silence, Driver won't see either. It's too excruciating.

"I try not to because I've seen things I've been in before and it's terrible," says Driver. "I think it's bad and it's film and film is forever. I want to change things. I kind of drive myself nuts and everyone around me nuts. It's mostly about control. You really have no control, so I try to surrender it."

Driver's attitude isn't uncommon among performers, but it hints at what distinguishes him as an actor. For him, it's about the experience of building a role, inhabiting it and then letting it go. To play the poet-bus driver of Paterson, he got a bus driver's licence. To play a Jesuit priest in 17th century Japan for Silence, he lost 51 pounds.

"It does turn into stunt-sounding because you have to talk about it so much," Driver says. "But it is part of your job, I think. Why not investigate as much as you can in the short amount of time that you have? It's only three or four months."

While better known for the explosive volatility of his Kylo Ren on The Force Awakens or on HBO's Girls, Driver's underlying sweetness is more on the surface in his pensive performance in Paterson.

He plays Paterson, a bus driver and poet in Paterson, N.J. Jarmusch's film is a quiet marvel, full of repetition and patterns that steadily accrue quotidian beauty. Paterson goes about his day-to-day life while composing poetry in his head or jotting it down in his notebook. "Paterson listens" dots the script.

"A lot of acting is reacting," Driver says. "You have to listen. It's the key ingredient. For me, I love having a lot of scenes where I don't have to talk and I get to listen to other actors."

A former Marine raised in Mishawaka, Indiana, Driver embodies much of Paterson's duality. He grimaces whenever he thinks he sounds too much like an actor and blanches when the phrase "collaborative spirit" accidentally escapes. Twice during a friendly conversation at a Manhattan hotel he stood up to close a door to keep the chat private.

But while Driver shies away from broadcasting his more thoughtful feelings about making art, he has already assembled a rich and varied gallery of artist portraits: the poet of Paterson, his aspiring filmmaker in Noah Baumbach's While We're Young, an intrepid photographer in Tracks, a cowboy hat-wearing folk singer in the Coen brothers' Inside Llewyn Davis, his Broadway actor on Girls.

Driver also founded the nonprofit Arts in the Armed Forces, which performs monologues and scenes for members of the military and veterans. Its stated mission is to bridge the divide between "the world of the arts and the world of practical action."

"I was very struck by the idea that he understands both sides," Jarmusch said of Driver while introducing the film at the Cannes Film Festival. "He has experience in the military and he went to Juilliard. These two things are kind of impressive to me because it's breaking any kind of cliché of either thing."

At 33, Driver has already worked with a startling array of directors: Scorsese, Jarmusch, Steven Spielberg, the Coen brothers, Clint Eastwood, Jeff Nichols and Baumbach. This fall he also shot Steven Soderbergh's return to feature filmmaking, Logan Lucky.

Naturally, Driver won't be seeing Logan Lucky. He helped make it; the rest is out of his hands.

"The making of it is really fun and beyond that it's not my responsibility," he said. "It's not my story. It's the director's story. I'm there just to do that part and then peace out."

Driver frowns. "That's a dumb way of saying that."

THE ASSOCIATED PRESS

"You have to listen. It's the key ingredient. I love having a lot of scenes where I don't have to talk and I get to listen to other actors."
Adam Driver

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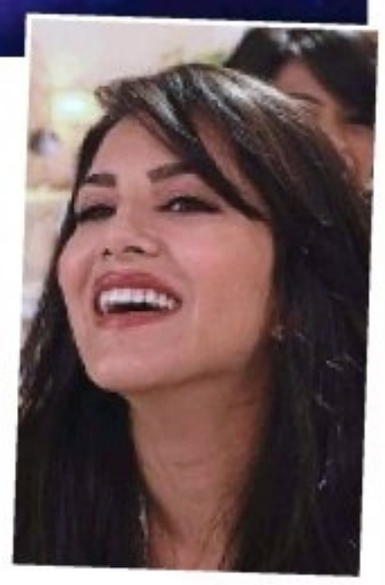
Sunny Leone shot to fame in the porn industry at 19 before making an unprecedented move to the Bollywood big screen in often-conservative India. COURTESY OF MONGREL MEDIA

How a porn star from Sarnia won over Bollywood



INTERVIEW

Sunny Leone: Penthouse Pet of Year to icon of a new India

Steve Gow
For Metro Canada

Filmmaker Dilip Mehta may have intimately studied the main character of his latest documentary, but he admits he's still completely baffled by Sunny Leone.

"Here is a former porn star in India, which is steeped in tradition," offered Mehta about the real-life Bollywood star of Mostly Sunny, opening in most cities today. "Even after spending two and a half years doing the film, I just don't get how India has accepted her with open arms."

The truth is Sunny Leone's success itself is a bit mysterious. Born in Sarnia, Ont., Sunny shot to fame at just 19 years old when she plunged herself into the porn industry and quickly rose to be crowned 2003's Penthouse Pet of the Year.

Today however, Leone has inexplicably become a Bollywood sensation by transitioning to mainstream movies — an unthinkable transformation in a traditional culture that channels an extreme kind of conservative parochialism.

"Her parents' generation, they have shunned her because of her choices," insisted the talented brother of Canadian auteur Deepa Mehta (Midnight's Children).

"It's a strange choice of words but the younger generation are really tickled pink by Sunny Leone because they find her liberating, they find her fresh and almost label her as a feminist."

Indeed, despite her lascivious start in the adult industry, Leone has truly become an ambassador of female empowerment in India.

Not only does she continue to be feted in Bollywood circles but her success has pushed a pseudo-liberation movement. Perhaps most compelling though is how her story is inspiring the next generation of Indian women.

"She is spearheading a movement," said Mehta of Leone's influence in India. "There must be (others) but none who have her acumen at making money and her history. And her history's remarkable.

"It's a strange choice of words but the younger generation are really tickled pink by her. They find her liberating.
Dilip Mehta

"They're looking at her and saying maybe there is an alternative. Maybe what our parents have told us in life may not necessarily be true for us anymore — that you can make your own choices and possibly even succeed."

"I wanted to do it because it was a vehicle for (female empowerment). Plus, it was an introspective vehicle for me to look at India. India today is not the country I grew up in and I felt it's an interesting time to do such a film and use her as the vehicle."

On the screen, Leone's acting ability also quickly won her an admirer in Mehta.

"I was floored by her honesty," he said of her work in the film. "My approach was to distance myself in one sense by being a fly on the wall.

"I think the film has done her wonderfully because she's come across as a strong woman, as an independent-thinking woman (and) good for her.

"Who are we to cast dispersions and judgment?"

Shaking things up at Sundance

CANADIAN CONTENT

Indigenous films bring new sense of urgency to fest

Rise and Rumble aren't just the titles of two noteworthy Canadian productions headed to this month's Sundance Film Festival. They're also statements of purpose.

Canada's filmmakers are out to get attention and shake up conventional wisdom at Sundance (Jan. 19-29).

This is especially true regarding films from Canada's indigenous communities. They've always been welcome at Sundance, but the selections this year have a new sense of urgency.

Rise, directed by Toronto's Michelle Latimer, an Algonquin/Métis filmmaker, is an original series for Rogers Media's Viceland TV channel, planned for broadcast early this year.

Premiering in Sundance's Special Events section, Rise is billed as "a condemnation of colonialism and a celebration of Indigenous people worldwide." Three episodes premiering at Sundance — Sacred Water, Red Power and Apache Stronghold — show how native North Americans and their global supporters are peacefully, but forcefully, fighting back against exploitation of their land: at the Standing Rock Indian Reservation spanning North Dakota and South Dakota, where the Dakota Access Pipeline threatens water supplies; and also at Arizona's San Carlos Apache Indian Reservation, where mining companies seek to dig up sacred ground.

"As a filmmaker I think I have a very real responsibility to bear witness," director/showrunner Latimer says via email. "How can I go work on a reality show about food or something when there are people in my own community dying because of lack of clean water, medical care and housing — and this is supposed to be in one of the most affluent countries in the world?

"Something is very, very wrong when you look at that picture. Making films gives me a platform to explore and communicate the things in society I disagree with. And it gives me a productive place to direct my anger. Because believe me, I'm angry at both the disparity and the privilege I see around me every day."

One of the Standing Rock episodes includes an interview with Jesse Wente, a member of the Ojibwa nation and TIFF's director of film programs.

"The rise of Indigenous media has really occurred in the last 10 years," he says. "There's absolutely a connection between the rise of things like Twitter, Facebook and other social media. The fact that you don't need to have a desk in a mainstream newsroom to necessarily have a voice in today's media has meant a lot for marginalized communities."

I'm angry at both the disparity and the privilege I see around me every day.
Filmmaker
Michelle Latimer

It also allows these communities to correct the historical record, which is the impetus for Rumble, subtitled The Indians Who Rocked the World. It's a documentary account of how musicians with aboriginal roots, including guitar greats Jimi Hendrix, Link Wray, Charley Patton and The Band's Robbie Robertson, made a profound impact on popular music, along with such singers as Rita Coolidge, Buffy Sainte-Marie and Mildred Bailey and the rapper Taboo.

Sundance director John Cooper is excited about Rise and Rumble playing his festival because these films are "taking it to a place where you can actually effect change through the storytelling itself. I think that's what Rumble is going to do, because it's interesting ... and it brings you closer into looking at our world a little differently.

"With Rise, I really like the whole notion of young people and young voices telling these stories, which is part of the mission of that project."

TORSTAR NEWS SERVICE

Michelle Latimer directs Rise, a Viceland TV series that's planned for broadcast early this year. Episodes show how native North Americans and their global supporters are peacefully but forcefully fighting back against exploitation of their land. COURTESY OF SUNDANCE INSTITUTE

PC Alberta

NOTICE OF DELEGATE SELECTION MEETING FOR PCAA LEADERSHIP

CALGARY – SHAW

Date: Monday February 6, 2017
Time: 7:00 PM
Location: Wingate by Wyndham
400 Midpark Way SE, Calgary

If you want to become a delegate for the upcoming leadership convention in Calgary, Alberta on March 17-19, 2017 please send a notice of interest to your DRO, Robert Sallows at r.sallows1987@gmail.com by January 30, 2017 by 12:00pm (noon).

In order to be a delegate nominee or voting member, you must attend the meeting in person, meet all eligibility requirements and hold a membership for at least 14 days prior to the meeting date (11:59pm on January 22, 2017). As well, those wanting to be a delegate nominee will be asked to speak at the meeting.

More details available at www.pcalberta.org

TV BRIEFS

Mad Men archive 'digs deep' into mid-century U.S. The last America saw of Don Draper, he was meditating on a Pacific hillside.

What's left of the flawed protagonist of Mad Men has now gone to Texas

Show creator Matthew Weiner and production company Lionsgate have donated the Mad Men archive — scripts, props, costumes, digital video and reams of research materials that went into creating the show's richly-detailed presentation of the American 1960s — to the University of Texas' Harry Ransom Center humanities library. "There is a record here of mid-century America that digs so deep," Weiner said. "It would have been sad to let that go." THE ASSOCIATED PRESS

Even fewer women in director chairs

EQUALITY

Just 7 per cent of top films in 2016 directed by women

A new study finds that just 7 per cent of the 250 highest-grossing films of 2016 were directed by women.

The Center for the Study of Women in Television and Film at San Diego State University on Thursday issued the 19th annual edition of its report, titled The Celluloid Ceiling, authored by the centre's executive director, Martha M. Lauzen. The rate of female directors was down 2 per cent from last year.

Despite widespread attention in recent years to gender inequality in the film industry, the study found not only that opportunities aren't improving, but are getting slightly worse. Nearly 20 years ago, in 1998, 9 per cent of the top films were directed by women.

BY THE NUMBERS

7%

Percentage of the 250 highest-grossing films of 2016 directed by women.

9%

Percentage of top films directed by women in 1998, nearly 20 years ago.

64%

Percentage of women writers on films with women directors.

Researchers found the disparity across the board. In 2016, women comprised 17 per cent of all directors, writers, producers, executive producers, editors and cinematographers in the top 250 domestic-grossing films. That also is a decline of 2 per cent from 2015.

In recent years, gender inequality in Hollywood has drawn increased scrutiny, including an ongoing investigation by the federal Equal Employment Opportunity Commission.

Numerous stars have also spoken out about pay disparity. Most recently, Natalie Portman, who last year released her directorial debut, A Tale of Love and Darkness, told Marie Claire that she was paid three times less than co-star Ashton Kutcher in 2011's No Strings Attached.

The centre's study also showed the trickle-down effect of hiring female directors. In analyzing the top 500 films, researchers found that on films with female directors, women accounted for 64 per cent of writers. On male-directed films, just 9 per cent were women. THE ASSOCIATED PRESS

Mira Nair directed last year's critically acclaimed Disney film Queen of Katwe. The filmmaker's mainstream success is unique in Hollywood. ROBIN MARCHANT/GETTY IMAGES

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BOOKS

Authors protest deal for far-right commentator

More than 150 Simon & Schuster children's authors and illustrators added their names to a letter sent to the company's chief executive in protest of the recent decision to publish a book by the far-right commentator Milo Yiannopoulos. The letter denounced Yiannopoulos, as a "hate-monger" and white supremacist.

THE ASSOCIATED PRESS

Joel and Ethan Coen will write and direct their first TV show, The Ballard of Buster Scruggs. They say they haven't watched a TV show 'in decades.' JORDAN STRAUSS/INVISION/AP, FILE

Coens get into TV

MINI-SERIES

Brother duo to write, direct show set in the Old West

The Coen brothers will make their first TV show, a mini-series titled The Ballad of Buster Scruggs.

Joel and Ethan Coen will write and direct the project, set in the Old West, Annapurna Television announced late Tuesday.

The production company said it plans to make The Ballad of Buster Scruggs with "an innovative television and theatrical integrated approach."

Though the Coens' film Fargo was adapted into an FX series, the filmmaking brothers had no involvement in that show.

They have previously voiced disinterest in television. In 2015 at the Cannes Film Festival, Ethan said he hadn't watched a TV show "in decades."

"It's not that I don't like TV," he said. "It's alien to me."

THE ASSOCIATED PRESS

AWARD TANTOO CARDINAL HONOURED Prolific actress Tantoo Cardinal is among those who will receive special honours at the Canadian Screen Awards in March. The Academy of Canadian Cinema & Television says Cardinal will get the Earle Grey Award, which honours actors for their body of work in Canadian television. Her career spans decades, including roles in shows like Dr. Quinn, Medicine Woman, North of 60, Blackstone and Mohawk Girls. COURTESY NADIA KWANDIBENS

NOTICE OF HEARING FOR PERMANENT GUARDIANSHIP ORDER TO:

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Take notice that on the **10th day of February 2017 at 2:00 p.m., at Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order;** of your children born on **January 29, 2010** and **December 7, 2011.** If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

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Calgary Region, Child and Family Services
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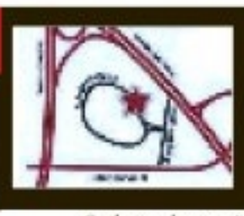

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McKellar happy to play short game

INTERVIEW

Director says CBC has a licence to be ambitious

Richard Crouse
For Metro Canada

As has been discussed widely, TV is having a moment and I think Canada is catching up.
Don McKellar

Michael (Matt Watts) and David (Bob Martin) return to Canadian screens in Don McKellar's Michael: Everyday, a delayed continuation of the successful earlier CBC incarnation Michael: Tuesdays and Thursdays. CONTRIBUTED

Don McKellar is best known as a movie director, writer and actor but says, "I've always found the feature film format slightly restrictive."

The director of big screen gems like Childstar, Last Night and The Grand Seduction is behind the camera once again, this time for Michael: Every Day, a CBC television comedy debuting Sunday, Jan. 15.

"I've always been interested in television and whether it is attention deficit disorder or something, I've always liked short formats," he says. "My first films were short and then I did 32 Short Films About Glenn Gould. I like the road movie format because it is episodic, so fracturing narratives is always something I have always been interested in.

"Television is a natural home for me. I like breaking up stories. In a way I think it throws off the viewer's expectations. If it is done well in some ways it can have more surprises than a feature film which you know, one way or another, is going to wrap up after a couple of hours. We don't know anymore with television how long the narrative is going to be. It could go on forever or just a few episodes."

The new show is a revival of sorts. Michael: Every Day is the continuing story of the relationship between title character, played by Matt Watts, and his psychiatrist, played by longtime McKellar collaborator Bob Martin. In 2011 the first season, then titled Michael: Tuesdays & Thursdays, was nominated for a Canadian Screen Award before being cancelled.

"I can't pretend it was our idea [to bring the show back]," says McKellar. "There was a regime change at the CBC and as I understand it when the new people came in they said, 'OK, let's look and see how the CBC has been doing over the last while.' They looked at our show and said, 'That's the kind of show we should be doing.' They reordered it and we said yes. It was not our intention but it was very exciting once we had the option. The five-year gap, once we thought about it, was an interesting hook. What happened to these characters in five years?"

It's an unusual trajectory for a show and McKellar thinks it is a brash move.

"As has been discussed widely, TV is having a moment and I think Canada is catching up," he says. "I think there was a feeling for a long time that the American cable shows were doing something interesting and now, finally, it has tilted down to network television. In Canada the CBC has realized they have this licence to do more ambitious stuff. I give them credit for going for it. They have made some bold choices and this is one of them. I hope the audience responds because these things don't last forever."

The new climate in television offers more interesting shows for the viewer and, according to McKellar, a new freedom for the creative side.

"For me as a director, I think that people are just now staring to realize that directors can actually do things in television. It's not just mechanical.

"It gives me a bit of space to get in there and try some more filmic stuff. I think that is happening in television in general."

24: LEGACY

Clock ticking again as Hawkins takes over for Sutherland

24 is back but without the internalized intensity of Kiefer Sutherland.

The new show, 24: Legacy, which premieres Feb. 4 on Fox, stars Corey Hawkins as military hero Eric Carter who returns to the U.S. to foil a major terrorism attack. Hawkins' last major role was as Dr. Dre in Straight Outta Compton.

"We really started off with this character who was an army ranger who comes back from the war. And we looked at everybody. But one face popped out at us after we saw Straight Outta Compton. And we knew he was the one," says Manny Coto, the co-creator and executive producer of the new show.

Hawkins was not a likely sell at first, and Coto said he had to be convinced initially.

"I would never have figured it. When the casting director first suggested Corey, I was like — 'Whoa, what are you talking about?' And then it made complete sense," he said.

Choosing the more laid back Hawkins was also a complete break from the intense Jack Bauer presence that viewers are familiar with.

"Kiefer brought a kind of internal darkness and gravitas. There was something simmering inside him that was immediately attractive to an audience, it fit perfectly into that 24 realm," says Coto. "That something still simmers to this day. But Corey brings his own unique sensibility."

The series brings back the team behind the original series as well as the more recent revival 24: Live Another Day which starred Sutherland.

The actor is now in Toronto with Designated Survivor, where he plays a more mild mannered version of Jack Bauer as the president of the United States.

The original 24 was revolutionary when it first debuted in 2001. The concept is that the viewer is watching the action in real time over the course of an episode. There is the thudding clock, the split screen and frenetic pacing that were unlike other shows.

The new cast includes Jimmy Smits (L.A. Law) playing a senator running for president and Miranda Otto (Homeland) as a former high powered CTU boss.

"Growing up, we never got to see a hero that didn't have superpowers who looked like us. You know?" said Hawkins to critics at the Television Critics Association. "That you could kind of look to and say, 'Man, I could be that guy one day. I could be a patriot. I could be a soldier. I could work in the government and be a hero.' And I think that just really appealed to me."

Executive producer Coto says the idea for the show was originally meant for a different series, before they realized that it would make a great 24 franchise.

"The story came first. The idea that the rangers killed an Osama bin Laden-type terrorist and are now being killed themselves. We thought the kernel of the idea would be great for a thriller then realized it was a great format for the series," he said.

Miranda Otto and Corey Hawkins will star in the upcoming 24: Legacy, a prequel to Kiefer Sutherland's wildly popular original action drama series. FREDERICK M. BROWN/GETTY IMAGES

Key to the franchise is that at its heart it remains a drama rather than an action show, says Coto. "It's not just an action show. It's a drama to its core. It really is about the emotional connections which I think can be more frightening," he says.

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CELEBRITY

Three suspects charged in Kardashian heist

French authorities have filed the first charges against three suspects in the armed jewelry heist of Kim Kardashian West, with more charges expected to follow, the Paris prosecutors' office said Thursday.

Robbers are believed to have forced their way into the private apartment where Kardashian West was staying during Paris Fashion Week in October, tied up the reality TV star and stolen more than $10 million worth of jewelry. Authorities are focusing on the possibility that the robbery was an inside job.

A 63-year-old suspect, named by the prosecutors only as Yunice A., was handed preliminary charges of armed robbery in an organized gang, kidnapping and criminal association.

Complicity charges in the alleged robbery and kidnapping, as well as a criminal association charge, were filed against 44-year-old Florus H., the prosecutors' office added.

The third suspect, Marceau B., 64, faced preliminary charges of handling stolen goods and criminal association.

Prosecutors also requested that the suspects be kept in detention.

A fourth suspect, named as Gary M., 27,was appearing before a judge for possible charges.

Gary Madar, 27, is the brother of Kardashian West's Paris chauffeur, Michael Madar. Both worked for the same car service company but Michael Madar was freed earlier this week.

Six other people remained in custody and could face preliminary charges on Friday.

Earlier, French authorities released three men and a woman who were among 17 suspects detained Monday.

Kardashian West, meanwhile, used Instagram to reveal that she's jetting to Dubai for her first major public appearance since the Paris ordeal — headlining a Friday masterclass by her make-up artist Mario Dedivanovic.

THE ASSOCIATED PRESS

Michael Jackson's daughter, Paris, tweeted that she finds Joseph Fiennes' portrayal of her father in the upcoming British series Urban Myths to be "insulting." FRAZER HARRISON/GETTY IMAGES

Paris Jackson finds series disrespectful

CONTROVERSY

Late pop star's daughter is not OK with Joseph Fiennes

It's part of a television series that says it's devoted to stories that aren't so much true as "tru … ish," but casting Joseph Fiennes to play Michael Jackson has drawn a truly blunt denunciation from the late pop star's daughter.

Paris Jackson, the second of Jackson's three children, was asked on Twitter on Wednesday what she thought of Fiennes' portrayal in the British series Urban Myths. She responded by saying she was "so incredibly offended by it, as i'm (sic) sure plenty of people are as well, and it honestly makes me want to vomit."

A much-discussed episode of the upcoming program dramatizes a legend that Jackson joined his famous (and now equally deceased) friends Elizabeth Taylor and Marlon Brando on a cross-country road trip in the U.S. shortly after the terrorist attacks on Sept. 11, 2001. Stockard Channing and Brian Cox play Taylor and Brando.

Paris Jackson, 18, added that "it angers me to see how obviously intentional it was for them to be this insulting, not just towards my father, but my godmother liz as well . . . where is the respect? they worked through blood sweat and tears for ages to create such profound and remarkable legacies. shameful portrayal."

The casting of a white actor to play the African-American superstar generated an uproar when it was revealed, though Paris Jackson made no reference to race in her reaction. Her father, who died in 2009, blamed his lighter complexion in later years on the disease vitiligo, to public sympathy and skepticism.

Last year Fiennes himself said he was "shocked" to be cast in the role. "It's just a 20-minute satire," he told Agence France-Press. "It's a sketch about a story that could have been a legend or could have been true. So we'll see what the audience make of it."

Other Urban Myths upcoming in the unaired series involve Muhammad Ali, Bob Dylan, André the Giant and more.

TORSTAR NEWS SERVICE

metro TRAVEL
Your essential daily news

Storm fells California's beloved 'drive-thru' sequoia

5 CLASSIC SITES TO SEE WHEN YOU HIT UP ATHENS

As a seaside metropolis with a lively outdoor vibe and dozens of picturesque islands beckoning nearby, Athens is more often considered a summer tourist destination than a winter escape. But if you've got more than beaches on your mind, there's plenty of upside to a brief cool visit that avoids the crowds and heat of summer. Here's a suggested itinerary for a three-day visit: THE ASSOCIATED PRESS

1 The Odeon of Herodes Atticus

The Odeon of Herodes Atticus, or Herodeon is a stone theatre structure located on the southwest slope of the Acropolis of Athens. The Herodeon still hosts the occasional live performance.

2 The Erechtheionin

The Acropolis is particularly striking to view at night, when brilliantly illuminated. A 10-euro entrance fee to the compound takes you along a course of the central structures of Greek mythology as you climb past the Theatre of Dionysus, the Propylaea, the Erechtheion.

4 Temple of Poseidon

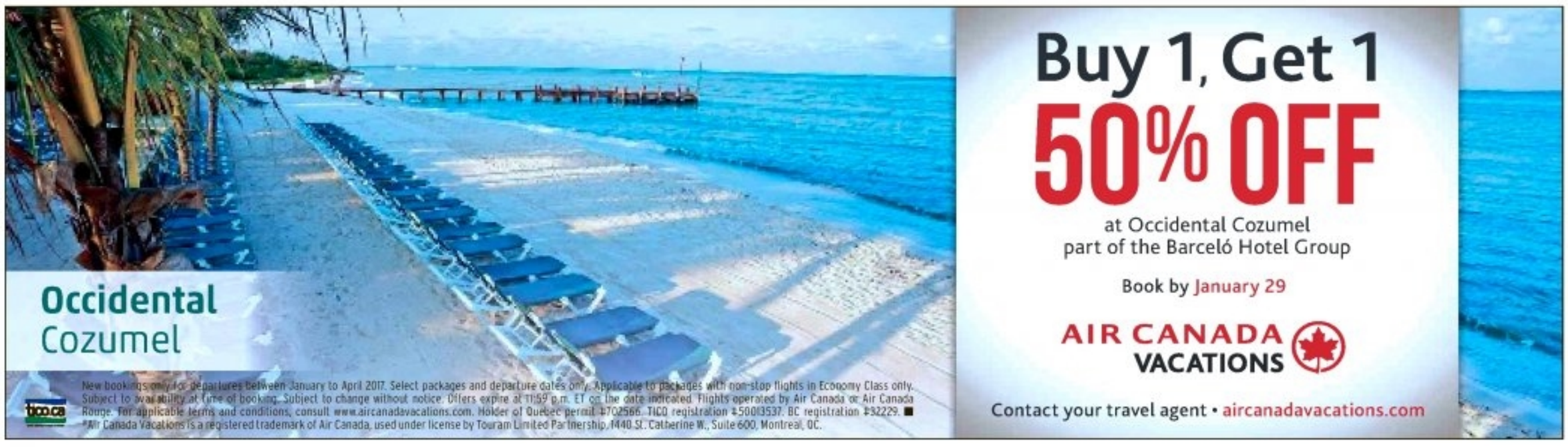
A rewarding outing is the bus ride along the "Greek Riviera" down to the southern peninsula of Sounion, where the Temple of Poseidon reveals a breathtaking view of the sea. The deep blue waters ripple around the ancient hilltop structure dedicated to the god of the sea. The salty breeze offers an escape from the bustle of Athens, as mountains and the rocky ancient landscape provides a tranquil parting from Greece.

4 The Parthenon

The centerpiece of ancient Greece and modern-day Athens, the Acropolis literally stands above everything else and looms majestically over the city. A 20-minute walk to the top unveils the most famous structure of all, the Parthenon — a former temple dedicated to the goddess Athena, the city's patron. However, the scaffolding of its prolonged restoration project takes a bit away from its grandeur.

5 Syntagma Square

This is the heart of the city and site of mass protests in recent years over the Greek economic crisis. The square is right in front of parliament and the tomb of the unknown soldier, where soldiers in kilt-like garments and red leather clogs with black pompoms perform elaborate changing of the guard ceremonies several times a day.



Saskatchewan brew scene hopping

FOOD AND DRINK

Regina boasts of beer you can't get elsewhere

The tap is pulled forward, a pint glass tilted at an angle below, ready for the flow of golden liquid. Maybe it's an India Pale Ale, a blond, a sour or perhaps something a little darker like a Belgian-style Flanders.

Whatever quenches your thirst, craft brewers in Regina are offering beer selections to please the palate.

The guys at Rebellion Brewing brewed their 300th batch this month. That's the equivalent of one million pints since the company opened about two years ago.

"That's pretty awesome," said Mark Heise, who was a home brewer and became one of Rebellion's founders along with Jamie Singer.

"And I don't think our attitude has changed a whole lot — we still are just trying to make really fun, exciting beers that we enjoy."

Singer says the craft beer industry is growing across Canada and it's just starting to explode in Saskatchewan.

He says there's a feeling of camaraderie in the industry and everyone can work together to make Regina and the region a draw for craft beer.

"Our whole idea is very akin to what the winery region in the Okanagan is or Niagara region is," said Singer.

"They're all competitors, but ultimately, also, if you can pull people into that local stuff and get them drinking really great craft beer, or wine in the Okanagan, everybody else is going to be turned on to it too ... and we start to grow that whole market together."

Rebellion is in Regina's Warehouse District.

The tap room has 16 beers on tap, including beer from other Saskatchewan breweries, such as Nokomis Craft Ales, a microbrewery in Nokomis, about 135 kilometres north of Regina.

There's a small food menu that's all local, from the pizza to the pretzels to the meat pies. In the summer, food trucks set up out front.

"It's about just celebrating and enjoying things that make your community unique," said Heise.

Mark Heise and Jamie Singer, co-founders of Rebellion Brewing Company in Regina, are celebrating their 300th batch this month. MICHAEL BELL/THE CANADIAN PRESS

Singer says the Bushwakker Brewpub, also in the Warehouse District, set the foundation for craft beer in Regina.

The Bushwakker Brewpub opened more than 25 years ago.

It's a full restaurant with the brewery attached. The walls have works from Saskatchewan artists, photographs from Regina's history — including when the Warehouse District was hit by a tornado in 1912 — and local music pours from the speakers. Bar manager Grant Frew says craft brewers, like Bushwakker, Rebellion and Regina's Malty National, are "all about making really good beer."

"The smaller breweries, we're making smaller batches of beer, we can use nothing but malted barley — that's the only thing that we use to produce the alcohol — and that has much more flavour," explained Frew.

The first Saturday of December has come to be known as Mead Day in Regina. The brew pub uses honey from the nearby community of Lumsden to make its Blackberry Mead and people wait for hours in anticipation.

The Bushwakker Brewpub sells more than 30 beers, including its own specialty and Nokomis, Black Bridge Brewery in Swift Current, Paddock Wood microbrewery in Saskatoon and Malty National.

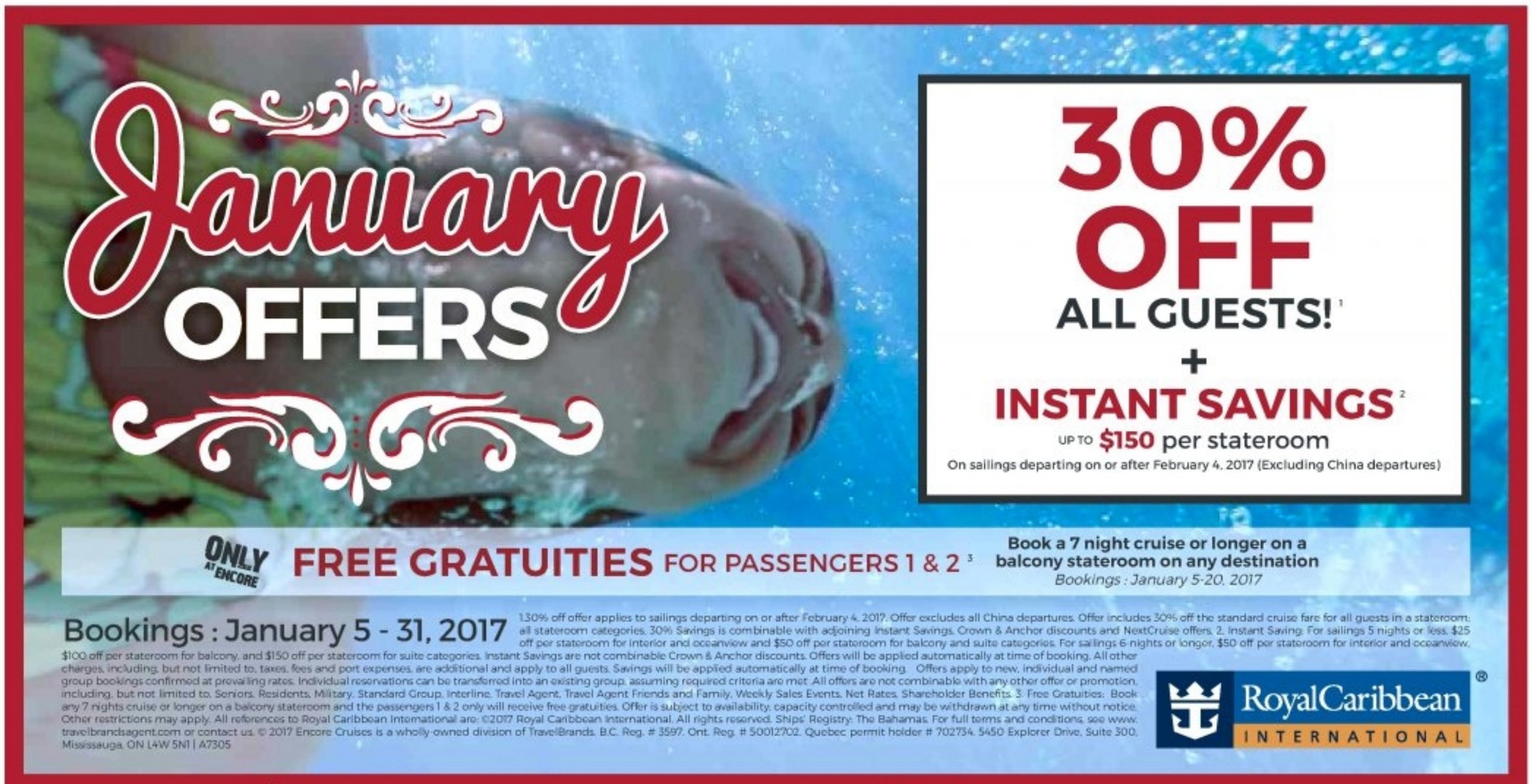
Malty National is a microbrewery nestled in Regina's Heritage neighbourhood, in a building with a coffee shop and a vintage record and clothing store. It opened in March 2016.

Kelsey Beach, one of the owners of Malty National, says they brew six times a month. One beer was brewed with hops donated by local residents.

"Every brewery has its own taste and flavour profile ... and you can't get beers like the Bushwakker or Rebellion or Malty National elsewhere in Canada," said Beach. THE CANADIAN PRESS

IF YOU GO

- Rebellion Brewing offers free tours on Saturdays at 2 p.m. Group tours can be arranged too.
- Bushwakker Brewpub will do free tours. Call ahead to make plans. It also offers a beer school for around $10.



TRAVEL PITBULL, LUCAS & TUBMAN

GETTY IMAGES

Visit Florida to pay out CEO after Pitbull kerfuffle

Florida's tourism agency agreed to pay its outgoing president and CEO $73,000 U.S. amid the fallout from the state's secret deal with rapper Pitbull and a video for his song Sexy Beaches. Visit Florida is hiring a former federal prosecutor as the new CEO.

THE ASSOCIATED PRESS

GETTY IMAGES

L.A. beats San Fran for George Lucas museum site

Star Wars creator George Lucas and his team have chosen Los Angeles over San Francisco as the home of a museum that will showcase his work. After what organizers called an extremely difficult decision, they announced Tuesday that the museum will be built in Exposition Park in Los Angeles. The project became the subject of a rivalry between the two cities.

THE ASSOCIATED PRESS

LIBRARY OF CONGRESS

Harriet Tubman park becomes a reality

U.S. federal parks officials have formally established the Harriet Tubman National Historical Park in upstate New York. The New York park will focus on Tubman's work later on in her life when she was an active proponent of women's suffrage and other causes. It will be a sister park to the Harriet Tubman Underground Railroad National Historical Park in Maryland.

THE ASSOCIATED PRESS

Slovenia in the spotlight

CUISINE

Mrs. Trump's homeland a marriage of old and new

A master chef is bringing attention to the cuisine of Melania Trump's homeland.

Ana Ros, who starred last year in an episode of the Chef's Table Netflix series, runs what some consider Slovenia's best restaurant in a remote village inn.

Slovenian tourism officials recently brought Ros to New York to showcase her culinary talents at a time when tourism in the country is booming, up to nearly three million tourists a year in a country of two million people.

Ros heads the kitchen in an inn called Hisa Franko. Her ever-changing menu there reads like no other, to name just a few dishes: fried white asparagus with celery cream; arctic char with wild berries and buttermilk; pasta filled with whipped cheese from sheep in nearby pastures, served with langoustines and mushrooms; and pork and lobster with ginger and pickled garlic on a bed of ancient Indian herbal leaves.

Top chef Ana Ros heads the kitchen at Hisa Franko in a remote Slovenian village. The tiny nation of two million is now hosting nearly three million tourists a year. SLOVENIAN TOURIST BOARD

Ros' husband, cheese and wine expert Valter Kramar, inherited Hisa Franko and a small farm from his father. The inn is located in the remote village of Kobarid, in the western part of the country, surrounded by pine forests in the emerald Soca River Valley. It was here that Ernest Hemingway set part of his World War I novel, A Farewell to Arms.

Ros' cooking skills are largely self-taught, though she was mentored by culinary luminaries to become a master chef of a surprising cuisine.

Ros and Kramar have travelled the world, blending global tastes and techniques with ingredients from local fields and their own vegetable garden. In some ways, Ros' menus reflect the cross-currents that define Slovenia, nestled as it is between Italy, Austria, Hungary and Croatia.

"Slovenia is a perfect mix of landscape and culture — the sea, the Alps and the rolling hills and plains, close to each other, with Mediterranean, Central European and Balkan influences," says Andrej Smrekar, an art curator at Ljubljana's National Gallery of Slovenia who helped turn a medieval monastery church in the countryside into a modern art gallery. "Tourists have a taste for what's authentic, but to them unknown and untouched."

When Melania Trump was a student in Ljubljana in the 1980s, the city was rocked by punk rebels and activists impatient to shake off the vestiges of drab socialist bureaucracy. Slovenia was mostly spared in the brutal civil war that followed independence from Yugoslavia of other republics farther south.

Now, Ljubljana is a lively metropolis of about 300,000 residents, but the city's roots go back to prehistory: A museum displays the earliest wheel used by humans in the area, before the ancient Romans arrived.

The city centre is traffic-free, with pedestrians crossing the river over a historic triple stone bridge that leads to outdoor produce vendors, a seafood market and shops offering everything from bread freshly baked in a wood-fired oven to flowers, spices and artisanal candles.

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metro SPORTS

Justin Thomas joined the PGA Tour's "59 Club" by making a 15-foot eagle on his last hole at the Sony Open in Honolulu for an 11-under 59

'I don't even care': Bryant past notorious no-catch

NFL PLAYOFFS

Cowboys have chance to avenge loss two years ago

Dez Bryant still gets stopped all the time by people who are sure the officials blew the replay on the Dallas receiver's famous catch that wasn't in a playoff loss at Green Bay two years ago.

And the 2014 All-Pro figures if the Cowboys go on to win the Super Bowl as the top seed in the NFC, that play will be what fans want to talk to him about. Even if he wins another Super Bowl next year. And so on.

"Even if we were to win four or five Super Bowls, people still going to be like, 'He still caught it,'" Bryant said. "That's what it's going to be."

The Cowboys (13-3) get a divisional-round rematch with the Packers on Sunday, this time at home. And while Bryant knew from the moment Green Bay (11-6) beat the New York Giants last weekend in the wild-card round that the disputed play would dominate the conversation, he's playing the part that coach Jason Garrett would prefer.

"I don't even care," Bryant said when asked if that moment was his first thought after the Packers won. "That was 2014. There's no extra motivation, there's no nothing. If there's any motivation it's just to prepare better than the last time."

The most notable change for the Cowboys since then is at quarterback, with rookie Dak Prescott winning 11 straight games in the regular season to take Tony Romo's job once Dallas' 10-year starter was ready to return from a pre-season back injury.

Back then, Romo gambled on fourth-and-2 from the Green Bay 32 with 4-1/2 minutes remaining. Bryant made a leaping grab over Sam Shields around the 2 and lunged for the end zone. What happened with the ball will be debated forever, some saying Bryant had control throughout the catch, others saying the ground jarred it loose briefly.

Referee Gene Steratore had the only opinion that mattered, and he ruled upon review after the play was called a reception that Bryant didn't control the ball all the way through the catch.

"There's a lot of emotion that goes into that play and that moment," said tight end Jason Witten, the first to greet Bryant in the end zone when the Cowboys thought they had a first down inside the Green Bay 1.

"What a play by him. What's a catch, what's not a catch? I just don't think any one moment like that can define any of us. Certainly we all reflect on it and look back on it. It probably hardened us some. Know what? Nobody cares. We're two years later. But it's a great example of just the margin at this point and this time of the season."

THE ASSOCIATED PRESS

DIVISIONAL SKED

SATURDAY
Seahawks at Falcons, 2:30 p.m.
Texans at Patriots, 6 p.m.

SUNDAY
Steelers at Chiefs, 11 a.m.
Packers at Cowboys, 2:30 p.m.

Dez Bryant attempts to haul in a catch against the Packers' Sam Shields on Jan. 11, 2015 in Green Bay. Initially ruled a catch, the call was reversed upon review. MIKE MCGINNIS/GETTY IMAGES

"Yeah, of course it was tough. It was heartbreaking. It ended our season."
Cowboys wide receiver Dez Bryant

IN BRIEF

Chargers relocating after 56 years in San Diego

The San Diego Chargers are moving to Los Angeles, where they will join the recently relocated Rams in giving the nation's second-largest media market two NFL teams for the first time in decades.

The team will be known as the Los Angeles Chargers and will relocate for the 2017 season.

THE ASSOCIATED PRESS

Millenium baby into main draw at Aussie Open

Destanee Aiava will be the first player born in the 2000s to play in the main draw at a Grand Slam tournament, thanks to a wild-card entry to the Australian Open.

"It's actually one of the best days of my life," said the 16-year-old Australian on hitting with her inspiration, Serena Williams, on Thursday.

THE ASSOCIATED PRESS

Koe salvages a draw for Team North America

A late comeback from North America's Kevin Koe prevented a World sweep in Thursday's opening draw of the Continental Cup of Curling in Las Vegas.

The Calgary skip scored two points in the eighth and final end for a 5-5 draw with Norway's Thomas Ulsrud.

Winnipeg's Jennifer Jones and Jamie Sinclair of the United States both fell in their opening matches.

THE CANADIAN PRESS

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Payet in Bilic's bad books

West Ham star midfielder Dmitri Payet. GETTY IMAGES

PREMIER LEAGUE

West Ham ace 'does not want to play for us' says boss

West Ham is standing firm against Dimitri Payet's request for a transfer, refusing to sell the English Premier League team's star player.

"I am feeling let down and angry," manager Slaven Bilic said on Thursday as he revealed Payet no longer wants to play for West Ham.

But Bilic urged the France midfielder to show the same "commitment and determination" West Ham did by giving him a new contract through June 2021 last year.

"We gave him a long contract because we want him to stay," Bilic said. "We have said we don't want to sell our best players but Dimitri Payet does not want to play for us. We are not going to sell him.

"That's why we gave him a long contract, and then a new contract four months later. I phoned him with that and he refused to play for us."

The 29-year-old Payet joined from Marseille in June 2015 and made a huge impact on the club last season, helping it to finish seventh in the Premier League with his array of tricks and goals from free kicks.

This season, his performances have dipped and West Ham is in 13th place in the 20-team Premier League, as it endures a difficult start to its tenancy at the Olympic Stadium in London.

Still, Payet's outstanding performances from last season and his rare ability to win games make him highly sought after.

"He's probably been tapped up by some clubs or whatever," Bilic said. "I have spoken to the club, the chairman and the vice chairman. It's not a money issue. We want to keep him. That's it."

Although Bilic is adamant that Payet will stay, he is leaving him out until further notice.

"Until he changes his attitude he is out of the team and he's not going to train with us. But we are not going to sell him," Bilic said. "I expect from him to come back and to show commitment and determination to the team like the team has shown to him."

On the back of his performances last season, Payet broke back into the France team and was a key player in the side that reached the European Championship final, losing to Portugal in extra time. He scored three goals at Euro 2016, further raising his profile.

THE ASSOCIATED PRESS

SOCCER

Hillsborough disaster charges pending

British prosecutors will consider criminal charges against 23 suspects following separate investigations into the Hillsborough Stadium disaster in 1989 in which 96 soccer fans were killed.

The charges under consideration include manslaughter and perverting the course of justice as a result of an alleged coverup by police. The two inquiries were launched following the publication of the Hillsborough Independent Panel report in 2012, which exposed the failure of emergency services and public bodies to deal with the tragedy and the extent of the police coverup.

A statement released on behalf of the two independent investigations said 15 of the suspects came from the inquiry into the causes of the disaster, while eight came from the inquiry into the alleged coverup. The fans were crushed to death in a crowded stand at an FA Cup semifinal between Liverpool and Nottingham Forest.

THE ASSOCIATED PRESS

SOCCER IN BRIEF

United's Schneiderlin signs for Everton in $24M deal

France midfielder Morgan Schneiderlin ended a poor 18-month spell at Manchester United by signing to Premier League rival Everton for an initial fee of 20 million pounds ($24.5 million) Thursday.

Meanwhile, new Swansea boss Paul Clement signed Dutch winger Luciano Narsingh from PSV for 4 million pounds ($4.9 million).

THE ASSOCIATED PRESS

Madrid beat Barca record to make it 40 games unbeaten

With a remarkable injury time goal, Real Madrid salvaged a 3-3 draw against Sevilla in the Copa del Rey to set a Spanish record of 40 consecutive games unbeaten on Thursday.

Madrid had its spot in the Copa quarterfinals secured in Seville when Karim Benzema fired home late on. Madrid advanced 6-3 on aggregate. THE ASSOCIATED PRESS

Reaching new heights

Lucas Nogueira and the Raptors host the Brooklyn Nets Friday and the New York Knicks Sunday. STEVE RUSSELL/TORSTAR NEWS SERVICE

NBA

'Sky is the limit' for Raps' backup 'Bebe'

After riding the bench for most of his first two NBA seasons, Toronto Raptors centre Lucas (Bebe) Nogueira made some changes on and off the court.

He started going to bed early, hit the gym more often and improved his work ethic. Nogueira doesn't go out as often and has completely stopped drinking alcohol.

Motivated by the arrival of his baby daughter, Nogueira is showing some of his potential in a more prominent role averaging over 20 minutes per game this season.

"The sky is the limit for the kid because he's got a lot of God-given talent," said Raptors coach Dwane Casey. "He just needs to make sure he continues to work at it, to seriously approach his job in that way because he's a great kid. He's a lovable kid, all of his teammates love him, the coaches love him."

> **When he left, he told me to go get it because this is going to be my year.**
>
> Lucas Nogueira on former teammate Bismack Biyombo

Nogueira said he's injury-free and has much more energy this season to make better use of his seven-foot, 220-pound frame.

Serving primarily as a backup to Jonas Valanciunas, Nogueira is averaging 4.6 points, 4.7 rebounds and 1.8 blocks while offering a lively, energetic presence to his teammates.

"My focus is to keep playing and having fun because I've been sitting on the bench for a long time," Nogueira said.

The 24-year-old Brazilian made six appearances for the Raptors in 2014-15, played in 29 games in 2015-16 and is already at 31 appearances in the current campaign.

His eyes really light up when he talks about his seven-week-old daughter, Stella.

"My daughter made me change," Nogueira said.

"Two years you sit on the bench, the chance (may) never come. During the summer, I realized it wasn't the coach's fault. It was my fault. I (wasn't) doing the extra (work) or doing the right things to (stay) on the court. I realized in the summer and I put in the work in the summer because I knew the chance was going to be coming, and now I'm so happy that things are going well." THE CANADIAN PRESS

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NHL

Condon stymies Pens in Sens' win

Mike Condon made 29 saves Thursday night as the Ottawa Senators defeated the Pittsburgh Penguins 4-1.

Condon, who was making his eighth consecutive start, had offensive support as Bobby Ryan, Mike Hoffman, Tom Pyatt and Mark Stone all scored for the Senators (22-14-4).

Conor Sheary scored the lone goal for the Penguins (26-10-5) as Matt Murray, playing for the first time since suffering a lower-body injury Dec. 28, made 29 saves.

THURSDAY In Ottawa

SENATORS	PENGUINS
4	1

This marked the first time the Penguins, coming off a 5-2 loss to the Washington Capitals Wednesday, lost back-to-back games in regulation since Dec. 14-19, 2015. THE CANADIAN PRESS

IN BRIEF

Giroux leads Flyers to shootout win over Canucks

Claude Giroux scored the only goal in the shootout to lift the Philadelphia Flyers to a 5-4 win over the Vancouver Canucks on Thursday night.

Travis Konecny, Sean Couturier, Pierre-Edouard Bellemare and Brayden Schenn scored in regulation for the Flyers, who won for just the third time in their last 10 games.

The loss was Vancouver's third straight.

THE ASSOCIATED PRESS

PLAY Yesterday's Answers
from your daily crossword and Sudoku

1	9	8	6	4	7	2	5	3
7	3	2	1	8	5	6	9	4
6	4	5	3	2	9	7	1	8
3	7	1	4	6	8	5	2	9
9	8	4	7	5	2	3	6	1
5	2	6	9	3	1	8	4	7
4	1	3	5	7	6	9	8	2
2	5	9	8	1	3	4	7	6
8	6	7	2	9	4	1	3	5

for more fun and games go to metronews.ca/games

MAKE IT TONIGHT

Simple Roasted Pork Tenderloin with Sweet Potatoes and Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Celebrate with a proper roast dinner. This one-pan recipe is simple to make — and clean up!

Ready in 1 hour, 5 minutes
Prep time: 15
Cook time: 50
Serves 4

Ingredients
- 3 Tbsp Dijon mustard
- 3 Tbsp maple syrup
- 2 Tbsp apple cider vinegar
- 1 large apple, peeled, cored and chopped into 1/2 inch wedges (use a firm apple)
- 2 tsp thyme, finely chopped
- 1 smallish sweet potato, peeled and chopped into 1/2-inch discs
- 1 onion, peeled and sliced into 1/4 inch rounds
- 1.25 – 1.5 kg pork loin
- Salt and pepper

Directions

1. Preheat oven to 425 degrees. In small bowl, mix 1 Tbsp Dijon, 1 Tbsp maple syrup, 1 Tbsp vinegar.

2. Assemble apples and vegetables in two rows in a roasting pan, alternating onion, sweet potato and apple. Brush marinade over everything. Roast 25 minutes.

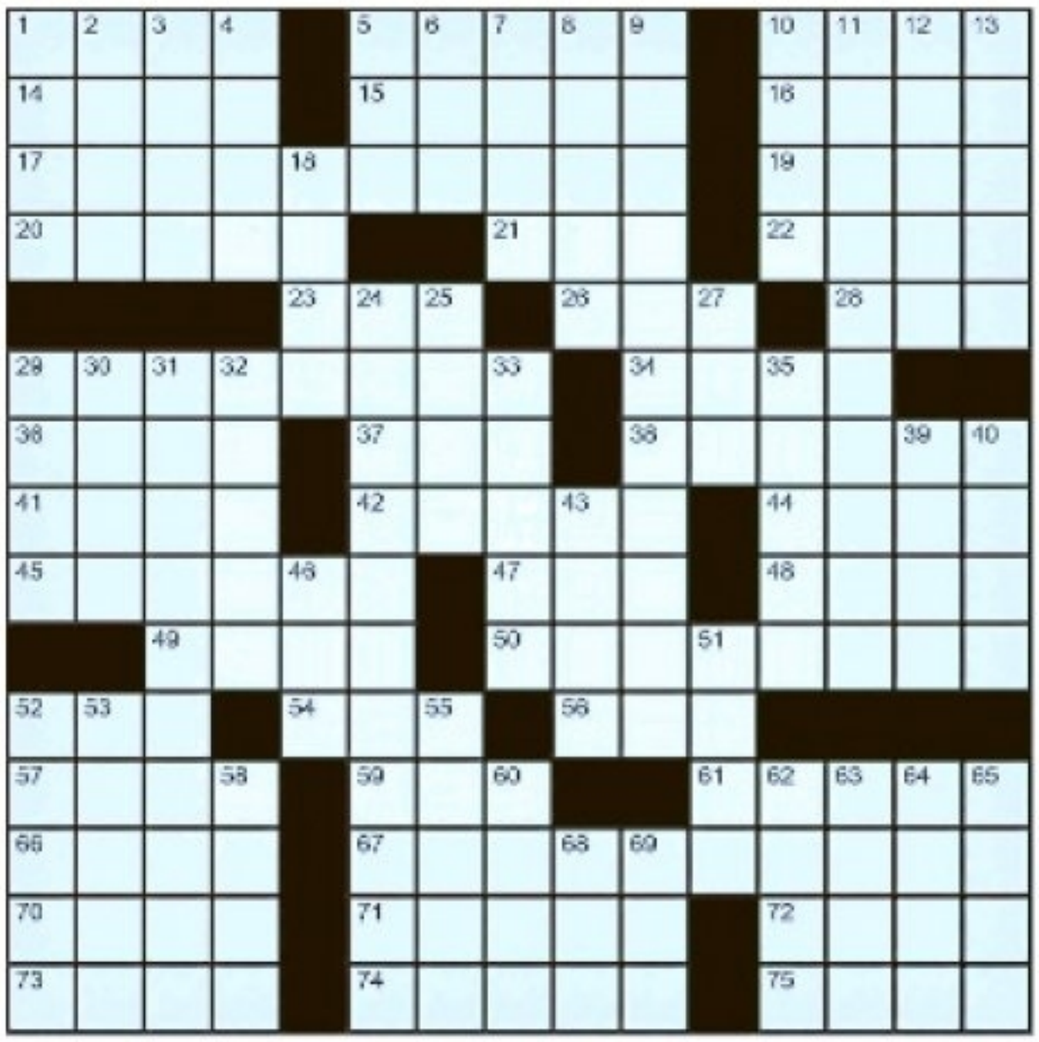
3. Mix rest of Dijon, syrup, vinegar and thyme. Season pork with salt and pepper then brush marinade all over. Take roasting pan out of oven and place loin between the two rows of fruit and veg. Place back in oven 20 to 25 minutes. The internal temperature of pork should be between 140 and 145 degrees.

4. Take everything out and cover with foil for 10 minutes before slicing the pork and serving.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Economist Mr. Greenspan
5. Alberta town just south of Edmonton
10. Loot
14. Singer/songwriter JJ
15. Ancient Greece's lyrical Muse
16. Mr. Gaston, Toronto Blue Jays championship Manager
17. Retro magical TV show featuring the dragon puppet of the title, "_-_-_"
19. Virginia willow
20. Portrait propper-upper
21. Fido's sound!
22. Gulf War missile
23. Seer's skill, shortly
26. Prefix with 'classical'
28. Some printers, e.g.
29. Star of #17-Across who played The Artful Dodger in "Oliver!" (1968): 2 wds.
34. Mr. Morales
36. "Son of _ _!"
37. Sonny & Cher
38. Artist-style hats
41. Sly tactic
42. TV star Ed
44. 5th Dimension's "_, _ and Away"
45. Lustrous fabric
47. Mining extract
48. 'The Big Easy'
49. Awful smelling
50. It's not pyrite: 2 wds.
52. Offshoot
54. Monogrammed star of "Buffy the Vampire Slayer"
56. Caribbean music
57. Smashes
59. The Altar constellation
61. Ancient Greek colony
66. Moonfish
67. Stars grace them during awards season: 2 wds.
70. 'Noon' in Montreal
71. Danny Zuko, e.g., in "Grease" (1978)
72. Level
73. Seaport of Yemen
74. Himalayas' fabled creatures
75. Fictional detective Mr. Wolfe

DOWN
1. Pine
2. Ms. Flynn Boyle
3. Swiss peaks
4. Art museum in Manhattan, _ Galerie
5. Canadian actor Mr. Cariou
6. Hmmms...
7. Spreadsheet info
8. Motorist's about-face
9. Workday rest period: 2 wds.
10. Friends of '-Fis'
11. Character on #17-Across who got around via her Vroom Broom
12. Totally consumed: 2 wds.
13. Provokes
18. Travelled via air
24. The Krofft Brothers from Montreal who produced the live-action/puppetry series at #17-Across: 3 wds.
25. Positive
27. Sugary suffix
29. Jams containers
30. Water, in Seville
31. Bespoke
32. Prepare to pray
33. Giver
35. Go up _ _ (Step higher on the ladder)
39. Jethro _ (British rock band)
40. WWI fighter plane
43. '70s Spanish hit: "_ Tu"
46. '_' _ for Edmonton
51. Lion's retreat
52. Roses attraction
53. Swift
55. Loon-like bird
58. _ pads (Hockey gear)
60. Mine entrance
62. Welcoming
63. Ms. Campbell
64. Old road of Rome
65. "It should come _ _ surprise that..."
68. Dernier _ (Latest fashion)
69. Newspaper notices [abbr.]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you are high-viz in the eyes of parents, bosses and VIPs right now, ask for what you want. It will be easier than you think to get people in power to say "yes" to your wishes.

Taurus April 21 - May 21
Explore opportunities to travel and get further education, because this is what will expand your world. Expanding your world is what you need to do this month.

Gemini May 22 - June 21
It's only natural that your focus is on shared property, inheritances, insurance issues and debt at this time. You have good ideas about these areas.

Cancer June 22 - July 23
You might have some unexpected insight into your closest relationships with others at this time. In fact, you can learn a lot about your own style of relating if you are aware.

Leo July 24 - Aug. 23
You're willing to work hard now, because you're setting high standards for yourself. No slackers allowed! You want efficiency, effectiveness and productivity.

Virgo Aug. 24 - Sept. 23
You're in touch with your creative vibes now, which is why you will enjoy exploring this energy. Meanwhile, sports events and playful times with children will appeal.

Libra Sept. 24 - Oct. 23
Your conversations with a parent could be significant now, because there are changes that you are planning at home. You don't like to be caught off guard. You want to know what you're doing.

Scorpio Oct. 24 - Nov. 22
You want to be stimulated by short trips and conversations with others. You're full of ideas and you want to share them; plus, you want to hear what others think.

Sagittarius Nov. 23 - Dec. 21
Cash flow and your assets are a concern right now. When you're making big plans, power is money. The question is, how much power do you have?

Capricorn Dec. 22 - Jan. 20
You are blessed now because the Sun is in your sign, boosting your energy and bringing opportunities and important people to you. Use this blessing wisely.

Aquarius Jan. 21 - Feb. 19
It behooves you to work alone or behind the scenes right now. You also might want to plan what you want your new year to be all about.

Pisces
Feb. 20 - March 20
Friendships are important to you now. Your interaction with someone younger might help you make some future goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	5	1	6	8	
					8			4
		3			7			2
6				4		3	7	9
9			2		3			5
3	5	1		7				6
1			5			4		
2			7					
	7	4	9	3	2			

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South Store:

Uptown sofa and ottoman with moveable chaise cushion..	was $2099	Sale $1388
Keegan Chairs only 4 left	was up to $2249	Sale $798
Jax leather power reclining sofa	from $5799	Sale $2999
Depot storage ottoman	was $1349	Sale $688
Hidden treasure chest with mirrored drawers	was $1239	Sale $598
Jace brown leather recliner	was $1799	Sale $1298
Pinnacle power reclining chair	was $1699	Sale $1149
Hidden Treasure lotus table	was $629	Sale $308
Square chair side table with metal top	was $439	Sale $198
Kincaid solid wood Sauvignon wine cabinet	was $2739	Sale $1288
Canadel solid wood buffet	was $1959	Sale $957
Hammary metal chest on a stand	was $979	Sale $488

CrossIron Store:

Spectator Home Theater 5 pc power	was $7699	Sale $3999
3 pc Collins sectional	was $4899	Sale $2999
Becket reclining sofa and loveseat black fabric	was $5199	Sale $2999
6pc Griffin all leather sectional	was $10,999	Sale $4995 1 only
3 pc Griffin Home Theater Black Leather.	was $4699	Sale $ 1998
Mammary desk, hutch and chair all 3 pieces	was $2997	Sale $998 1 only
Kincaid desk and chair	was $2997	Sale $1959
Assorted headboards		Starting at $48
Lancer reclining sofa and loveseat brown fabric	was $ 4198	Sale $2998 1 set only
James reclining sofa	was $2298	Sale $1298
2pc Graham Black leather sectional	was $6299	Sale 3299
3 Pc Kennedy sectional with matching chair	was $5998	Sale $3598
Graham leather sofa	was $2399	Sale $1399 1 only

North Store:

Lazboy Uptown stationary sofa/love	was $3648	Sale $1998 1 only
Kincaid Homecoming Pine wine safe	was $3019	Sale $698 1 only
Hammary Zodiac coffee table and 1 end	was $1318	Sale $856 1 only
Lazboy designer choice Carlyle leather recliner	was $2549	Sale $1912 1 only
Lazboy Kennedy double sleep sofa	was $2299	Sale $1498 1 only
Kincaid curved 2 piece sectional	was $4799	Sale $3358 1 only
Canadel solid wood dining set, square table and 4 chairs	was $4115	Sale $2674 1 only
Lazboy Pinnacle power reclining sofa	was $2999	Sale $1998 1 only
Kincaid Alston granite top round coffee table	WAS $1859	Sale $698 1 only
Hammary Uptown coffee table and 1 end	WAS $1698	Sale $1188 1 only

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